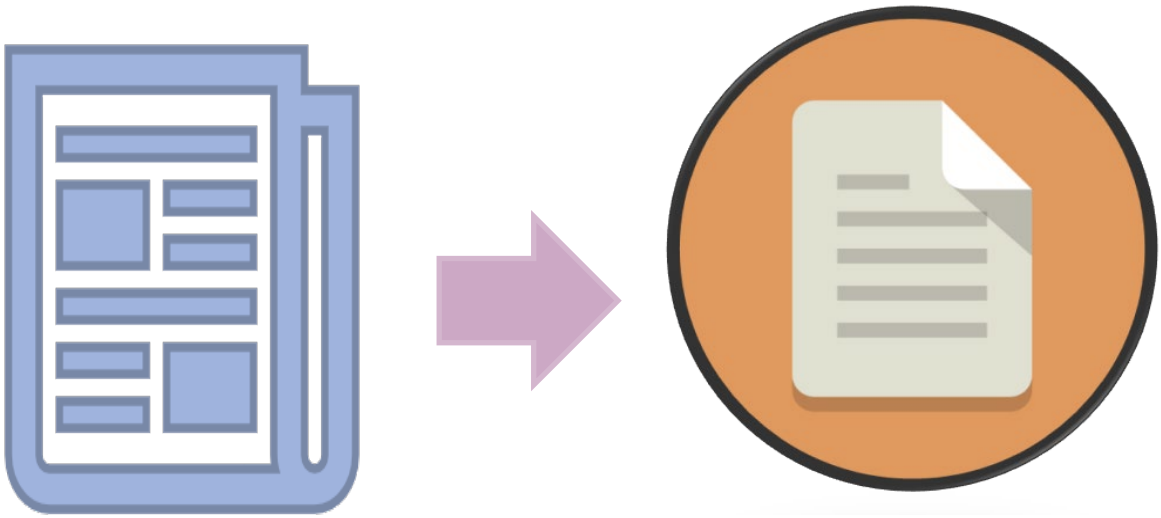
Self-Determination

Module 3: Person Centered Planning

Self- Determination and Your Individual Program Plan (IPP)

Your Person Centered Plan will provide lots of information for your Individual Program Plan (IPP), including:

- Your goals
- The supports you need
- The services you need
- Who will provide those services
- Your Individual Budget and Spending Plan



Person Centered Plan

Individual Program Plan (IPP)

Self Determination and Person Centered Planning

Through the Person-Centered Planning process

you will:

- Identify your hopes and dreams.
- Identify what you like and what you are good at.
- Identify and set meaningful goals for your life.
- Choose who will provide services and support to help you meet your goals.

Person Centered Planning

- Does not happen just once.
- Helps you share your ideas in what ever way you communicate.
- Can happen where you feel comfortable.
- You can include other people you want to have present.
- Your planning process might be different than someone else's and that's okay.

You are the Expert on YOU

Think about things like:

- Where do you want to live?
- How do you want to spend each day?
- What kind of job would you like to have?
- Who are the important people in your life?
- What do you need to be healthy and safe?

Dream about Your Future

- What are you good at?
- What are your hopes and dreams?
- What have you always wanted to do?
- What kind of person do you want to be?

Turn Dreams into Action

- All things are possible with the right support.
- Support can come from lots of people and places.

Where to start

- Think about who can help you- Who do you want on your planning team?
- Have a meeting- Meet with people on your team.
- Share your ideas with your team.
- Write your ideas down!

Person Centered Planning is about YOU!

You decide what is important **to** you to feel fulfilled and happy.

You plan for what is important **for** you to be healthy, safe and comfortable in your community.

A **One Page Profile** can describe what is important to you and important for you.

It includes:

- What others like and admire about me…
- What is important to me…
- How to best support me…

Guidance for one page profiles

What is a one page profile? A one page profile is a starting point to summarize what we know matters to a person (what is important to) and how to support them well. The expert on the content of the one page profile is the person themselves and people who love and care most about them. It also shares what others appreciate about the person. We will include a section around what was important to people in the past, for those people who are supported by your organization.

Why do we have them?

So that we know what is important to each of us and how to best support one another. We all have gifts and qualities, things that are important to us and we all require support that is individual to us.

One page profiles help us to share this information with others, our family, friends, direct supporters, managers and colleagues so that we can get to know each other better and support each other well.

What people like and admire about me...

What this section isn't

A list of accomplishments or awards - instead it is a summary of your positive characteristics.

What this section is

What is good about you? What do others value about you? What are the positive contributions that you make?

What is important to me...

What this section isn't

Simply a list of things you like - instead it is a summary of what really matters to you.

What this section is

A summary of what matters to you. This tells people what is important to you. What your hobbies, interests and passions are. Who is important to you and what makes a 'good' day for you.

How best to support me...

What this section isn't

A list of very general hints - instead it is the specific information that would be useful for other people to know about to make sure you feel supported.

What this section is

The specific information that would be useful for other people to know and do if they are to support you in the best possible way.

Things to think about in general when developing one page profiles with people

Is the profile written in everyday language - not 'access the community' or other service speak? Does it use assertive language - "John must have a cup of hot chocolate, in a mug, each night before going to bed, usually around 10:45pm."?

How are they developed?

Developing a one-page profile can be something that you do with family, friends, manager, other team members, people you support or people who support you. You may wish to start developing your one-page profile on your own and ask others to get involved later.

How we will use this information

Developing a one page profile is not just another paper exercise, but a way of getting to know more about each other, so that we are able to work well with you.

We will use one page profiles in many different ways, here are some of them:

- So we know what is important to and how best to support individuals.
- As a basis for learning what is working and not working for a person and developing actions.
- To inform person centered reviews.
- In recruitment, so we can best match people and teams.
- In staff reviews, supervision and appraisals to make sure you are being supported in the way you want to be.
- Within meetings to make sure we all know each other really well and know what we need to know or do to support each other.
- To inform person centered team plans so we all know what our roles are and how to get the best from each other.
- In the development and support of project teams and specific project work.
- To value everyone's unique contributions.

For operational support staff it's important to share relevant personal interests and hobbies to get the best match between what is important to the people you support and the person providing the support. Putting something on your one-page profile does not automatically mean you will be asked to do this, but could inform conversations about how you could use your individual interests or hobbies in your work to support people. Each one-page profile will be different in content. The fundamental principles though remain the same.

Helen Sanderson Associates

One-page profile

Photo

Each one-page profile has a current photo of the person.

Appreciations

This section lists the positive qualities, strengths and talents of the person. It can also be called 'like and admire'.

What's important to the person

This is a bullet list of what really matters to the person from their perspective (even if others do not agree). It is detailed and specific. This section needs to have enough detail so that someone who does not know the person can understand what matters to them. It could include:

- Who the important people are in the person's life, and when and how they spend time together.
- Important activities and hobbies, and when, where and how often these take place.
- Any routines that are important to the person.

How to support the person

This is a list of how to support the person, and what is helpful and what is not.

The information in this section includes what people need to know, and what people need to do.

Using Person-Centered Practices to Develop and Review a Support Plan helensandersonassociates.com
3

Seven questions to help you start a one-page profile

Q

Q

Who are the most important people in your life? How often do you see them and what do you like to do together?

What would make a good day for you and what would make a bad day?

What makes you stressed, unhappy or upset and what can people do to help with this?

What do you usually do each week that you would miss if you didn't do?

What would you never leave home without in your pocket or bag?

What traditions, values or beliefs would you like others to know about?

What would your family or friends say they love and admire about you?

One-page profile

Me

What people like and admire about me

What's important to me

How to support me

One-page profiles

Getting them right

A good one-page profile makes you feel like you have met the person, just from readi ng it. Check your one-page profile is the best it can be.

1. Is it detailed?
Great one-page profiles go beyond one or two words, they explain how often, who wi th, when, and
where too.

Instead of this, "cycling".

It is better to write this, "My bike and the freedom it gives me. I aim to get out on it three times a week for a minimum of at least of 20 minutes but a full hour of cycling is best".

2. Is it specific?
Look out for the word 'regularly' - it could mean daily, weekly, monthly or annually.

Instead of this, "going swimming regularly".

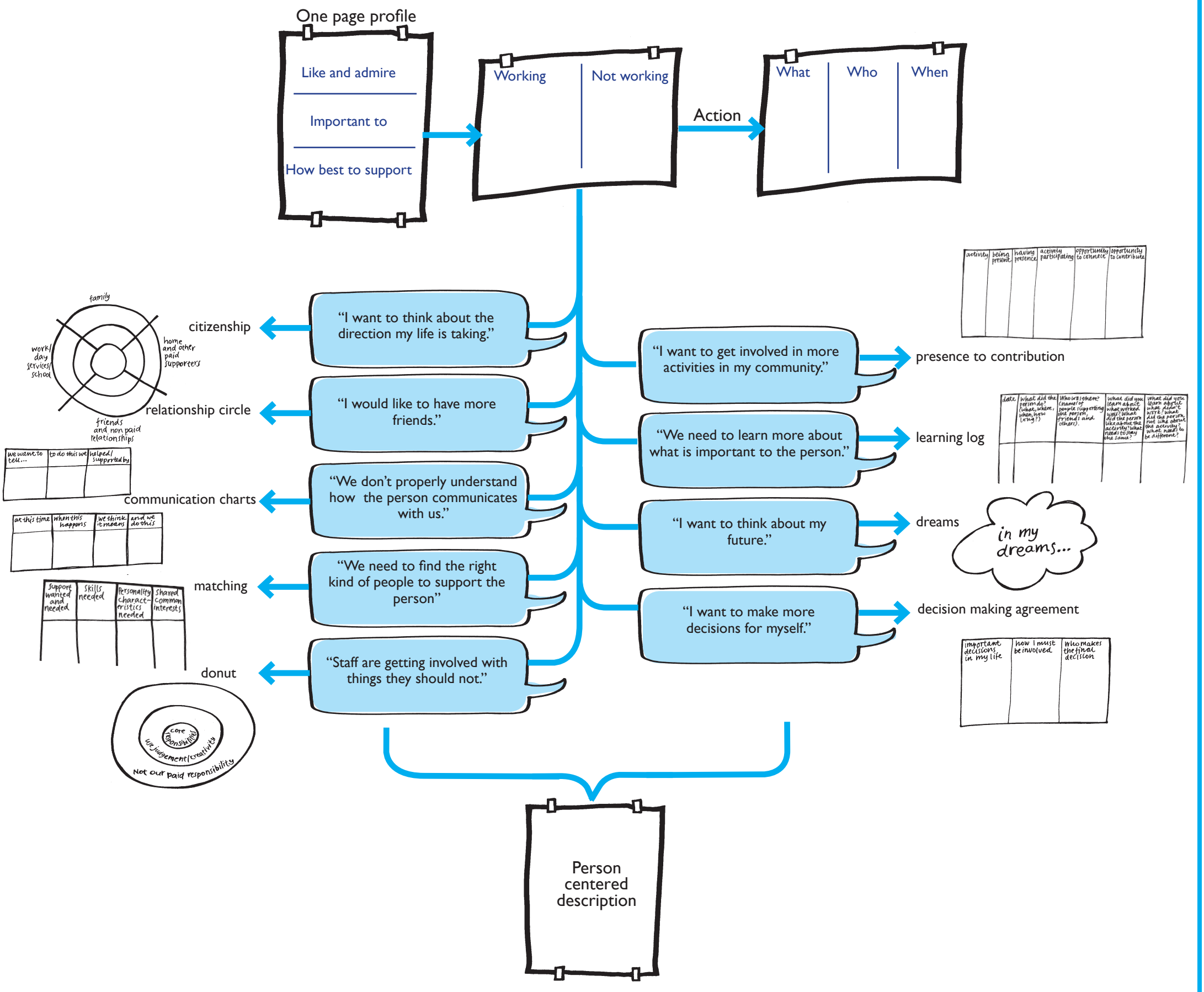
It is better to write this, "To go swimming every Monday evening with my friend Susan, and then to have a cappuccino in the cafe afterwards for a good chat."

3. Could you use it?
The 'how to support me' section should give you specific information, so that if you h ad to support that person, or be part of their team, you would know exactly how t o do this well.
"I do not like wasting time - if you are going to be late, please let me know."

"I don't like to be rushed, so give me time to answer questions. If you think I haven't understood, ask me again, but use the same words."

"When I am anxious I squeeze my hands together tigh
tly. If you notice this, give me my stress ball and that will help me to relax.
"

One Page Profile to a Person-Centered Description



All About Sofia!

What people like and admire about me are…

- I am a good friend
- I am creative
- I am a strong swimmer
- I take good care of our dog Rocky
- I'm a loving sister

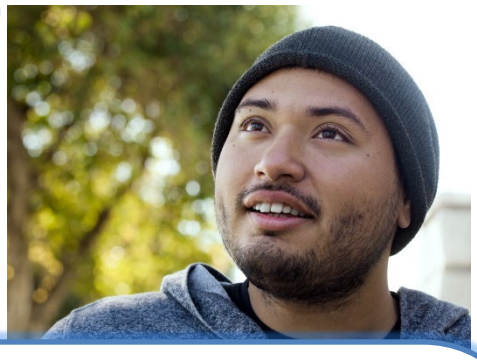
What makes me happy…

- Being in my pool
- Watching videos on You Tube
- Playing with Rocky
- Designing pictures on my computer
- Playing with my friends
- Doing my art work
- Summer Camp
- Making new friends
- Be accepted at school
- Being independent

How I want to be supported…

- Coordinate times with me for transportation so I can get to hang out with my friends after school and weekends Help me find summer camps to go to.
- At school, stay back and respect my personal space until I tell you I need help then come over to help me.
- I need a special computer and a mouse to do design on the computer.
- Be available to attend art classes with me.
- Help me find an electric wheelchair and learn how to use one.

Jason's One Page Profile



The things people like and admire about me are…

- I love to work in the garden and be outdoors.
- I am a good singer
- I have many interests including hiking, video games, traveling and cooking
- I know a lot about different kinds of music and loves music! I am learning how to play guitar
- I am friendly and a good friend

What makes me happy…

- To have a job doing what he loves; working in a garden
- Singing; I enjoy singing at home and would like to explore joining a church choir
- Music; I love many different kinds of music and would like to learn how to play guitar
- To live in my own place close to my mom's house with support needed
- To continue to spend time with my friends
- To get around town when doing fun things with friends

How I like to be supported…

- Getting around town: To have transportation support to access my community when planning future activities with my friends
- Finding a job: To receive support to find a job in the area of gardening and to receive training and funds to purchase the garden tools I need
- Having my own home: To learn how to cook and do laundry before I move out on my own. Help with finding an apartment and receive support when I moves out so that I am successful
- Friends: help from others to figure out ways to have more friends who share in my same interests; i.e. hiking club, travel, video games, singing
- Be Healthy: help with finding a dietician to assist me to lose weight and remain healthy

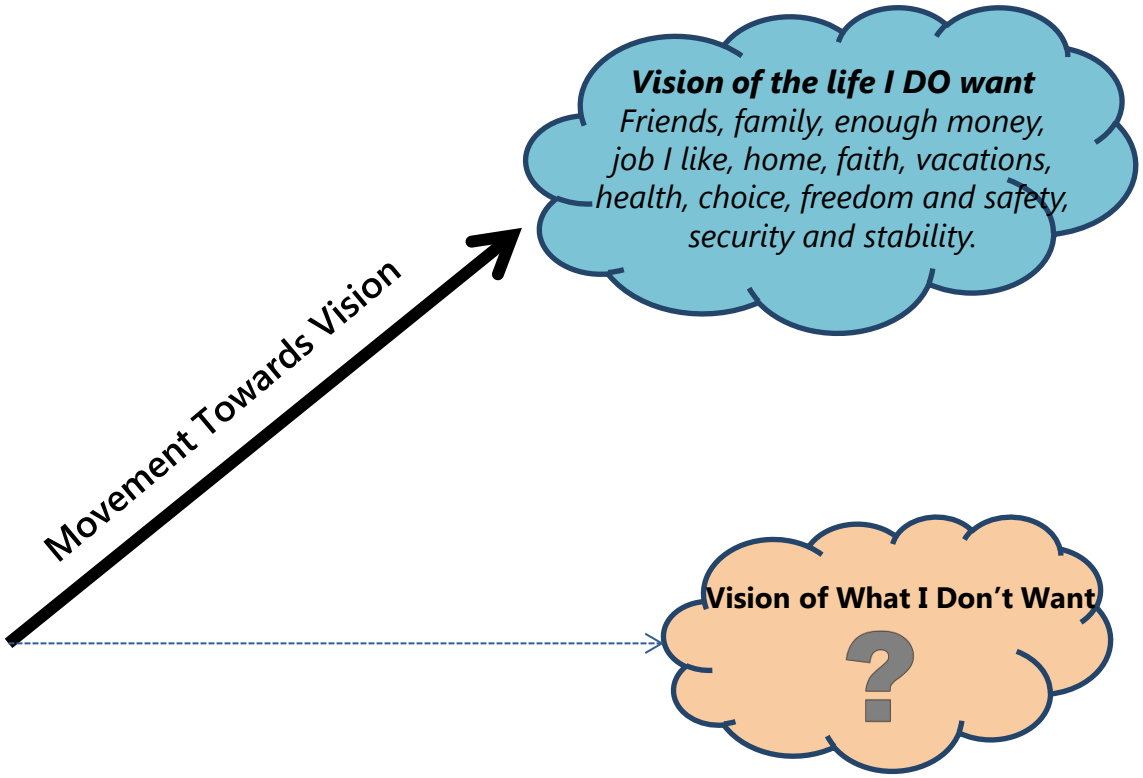
How can a One Page Profile help?

A One Page Profile can…

- Be a quick effective introduction & a great way to share important information.
- Help you gather information to include in your Individual Program Plan.
- Clarify priorities.
- Provide instructions about how to care for someone.
- Help to find a good match of supports.
- Tell others what is important **To** and **For** you.
- Help others see your abilities not just your disability.

Vision for a Good Life

LifeCourse Trajectory



To learn more about the LifeCourse Trajectory visit http://www.lifecoursetools.com/planning/

Life Trajectory Worksheet: Family

Everyone wants a good life. The bubbles on the right will help you think about what a good life means for you or your family member, and identifying what you know you don't want. You can use the space around the arrows to think about current or needed life experiences that help point you in the direction of your good life.

VISION for a GOOD LIFE

What I DON'T Want

Charting the LifeCourse resources are used with the permission from Missouri Family to Family, UMKC, Institution for Human Development, UCEDD. More tools and materials at lifecoursetools.com

Life Trajectory Worksheet: Individual

Everyone wants a good life. The bubbles on the right will help you think about what a good life means for you or your family member, and identifying what you know you don't want. You can use the space around the arrows to think about current or needed life experiences that help point you in the direction of your good life.

VISION for a GOOD LIFE

What I DON'T Want

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Tool for Developing a Vision - Family

Forming a vision and beginning to plan for the future in each of the life domains helps plot a trajectory for a full, inclusive, quality life in the community. This tool is to help families of all ages – those with a very young child, an adult or somewhere in between, start to think about a vision for how their family member will live their life as an adult.

LIFE DOMAIN		My Vision for My Family Member's Future	priority	Current Situation/Things to Work On
Daily Life Employment	What do I think my family member will do during the day in his/her adult life?			
Community Living	Where and with whom do I think my family member will live in his/her adult life?			
Social & Spirituality	How will he/she connect with spiritual and leisure activities; have friendships & relationships in his/her adult life?			
Healthy Living	How will he/she live a healthy lifestyle and manage health care supports in his/her adult life?			
Safety & Security	How will I ensure safety from financial, emotional, physical or sexual harm in adult life?			
Citizenship & Advocacy	How can I make sure he/she has valued roles and responsibilities, and has control of how his/her own life is lived as an adult?			
Supports for Family	What will our family need to help support him/her to live a quality life as an adult?			
Supports & Services	How will he/she be supported in adult life to lead the kind of life he/she wants as independently as possible?			

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Tool for Developing a Vision – Individual

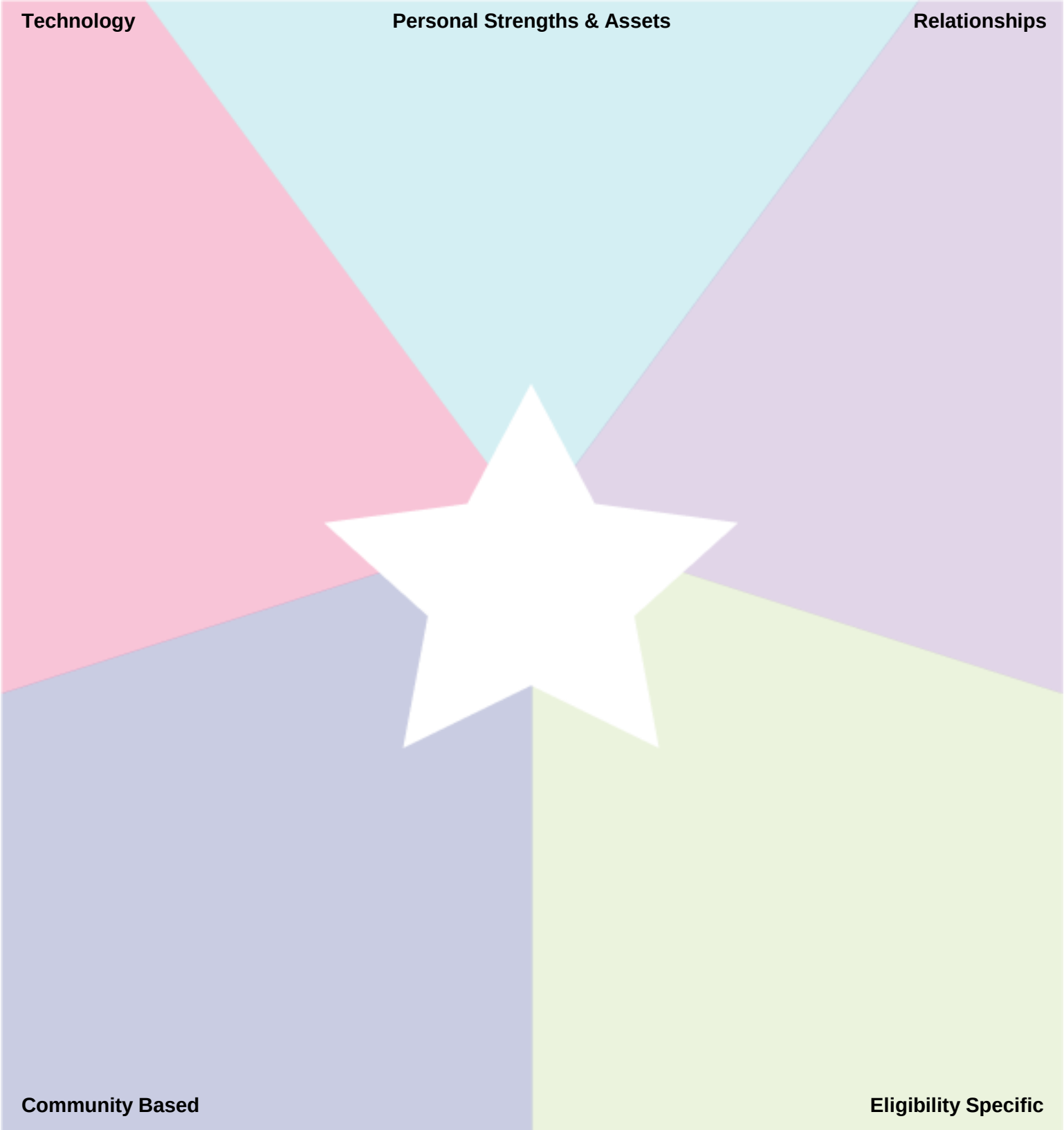
Forming a vision and beginning to plan for the future in each of the life domains helps plot a trajectory for a full, inclusive, quality life in the community. This tool is to help individuals with disabilities of all ages think about a specific vision in each life domain for how they want to live their adult life, and prioritize what they want to work on right now that will help move toward the life vision.

LIFE DOMAIN		My Vision for My Future	priority	Current Situation/Things to Work On
Daily Life Employment	What do I think I will do/want to do during the day in my adult life? What kind of job/career might I like?			
Community Living	Where would I like to live in my adult life? Will I live alone or with someone else?			
Social & Spirituality	How will I connect with spiritual and leisure activities, and have friendships and relationships in my adult life?			
Healthy Living	How will I live a healthy lifestyle and manage health care supports in my adult life?			
Safety & Security	How will I stay safe from financial, emotional, physical or sexual harm in my adult life?			
Citizenship & Advocacy	What kind of valued roles and responsibilities do/will I have, and how do/will I have control of how my own life is lived?			
Supports for Family	How do I want my family to still be involved and engaged in my adult life?			
Supports & Services	What support will I need to live as independently as possible in my adult life, and where will my supports come from?			

Charting the LifeCourse resources are used with the permission from Missouri Family to Family, UMKC, Institution for Human Development, UCEDD. More tools and materials at lifecoursetools.com

Integrated Supports

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.



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Choosing a Person Centered Planner:

Tips to host your Person-Centered Plan Meeting:

- Your person-centered plan must provide the following for you:
- Pick where and when to meet
- Pick who is invited
- Let you be the boss of your meeting
- Help you with what you need and want
- Give you the power to choose
- Talk about things that matter most to you
- Talk to you, not about you
- Respect your culture and use language that you understand

Tips to Develop your Person Centered Plan:

- Think about the people, places and things that are important to you, your cultural background, and lifestyle preferences
- Think about your hopes, dreams and vision for the future
- If you are asking for help, tell people what language and or images you understand
- Think about what might be some meaningful goals for your life
- Develop a spending plan that helps you work towards your vision of the future and goals in your person-centered plan
- Clearly states who will provide services and supports to help you meet your goal
- Review your plan and you give the ok when final

Your plan will be reviewed and updated every 12 months in Self-Determination or when your situation or needs change or when you request a new plan.

Choosing a Person Centered Planner:

Possible questions to ask when selecting a Person-Centered Planner:

- How much do you know about California's Self-Determination program?
- Have you had any training to be a Person-Centered Planner?
- If so where, when and from whom did you receive training on Person Centered Planning?
- Which method or methods of Person-Centered Planning can you use/facilitate?
- What experience have you had as a Person-Centered Planner?
- Do you have a website?
- Do you have any testimonials from individuals or families that you helped?
- Have you ever facilitated a person-centered plan?
- How many?
- Have you created them for my age group, and/or in my preferred?
- Do you have examples of Person Centered plans you have created that you can share?
- Do you have sample questions you will ask me?
- How will you get to know and understand me? How will you help me gather the people in my life who care about me and can support me?
- How would you prepare me and my circle of support for my Person-Centered Plan?
- How will you help me create and share powerful images of my hopes and dreams?
- How will my meeting be conducted? What role will I have?
- How will we meet; virtually or in person?
- Do you know how to help me create a One- Page Profile/ Description?

Choosing a Person Centered Planner:

Possible questions to ask when selecting a Person-Centered Planner:

- Can you speak, read and write the plan in my preferred language?
- Can you be objective? Would you help me to create my plan only or help me find services or activities in my area that I might be interested in?
- How well do you know my community?
- How would you go about helping me to find services to help me meet my goals?
- Will you help me figure out my budget; if so how will you help me figure out my budget?
- Can you advocate for me at my IPP?
- When would I receive a copy of my Person-Centered plan and my One Page Profile/Description? How will you send it? (i.e. mail, encrypted email, BOX, etc?)
- What happens if I want to make changes in my plan or it does not reflect who I am?
- I have certain things that are really important to me, like _____. Are you willing to adapt your services to meet my specific needs and preferences?
- How long will it take for the entire process?
- Are you willing to negotiate a price based on my specific needs?
- Given what you know about what I need, how much would you charge? How is payment arranged?
- What agreements will we make including a statement of the help you will provide, time period, payment schedule and right to termination?
- When are you available to start?

Choosing a Person Centered Planner:

Who can be a Person-Centered Planner?

- A person who is skilled in Person Centered Planning, an Independent Facilitator or someone you know and are comfortable with who can help you plan.
- Your Individual Program Plan (IPP) must be developed utilizing a person-centered planning process.
- A list of Person-Centered Planners and Independent Facilitators who can assist with planning can be found on TCRC's website at; https://www.tri-counties.org/self-determination-program/independent-facilitators-person-centered-planners-for-self-determination/

Who pays for my Person-Centered Planner?

- Participants in Self-Determination may request person-centered planning services and utilize their budget to purchase planning supports.
- There are lots of resources on developing a Person-Centered Plan, it does not have to be a paid service.
- Your Independent Facilitator can provide this as part of your budget.

For more information go to: https://www.dds.ca.gov/initiatives/sdp/frequently-asked-questions/self-determination-program-frequently-asked-questions/

Person Centered Planning Methods

Overview

Person Centered Thinking skills can allow for the discovery of information and learning about a person through facilitated conversation and can include but are not limited to the following skills:

- Important To and For a person, How to best support a person, One Page Descriptions/Profiles, Relationship Map, Communication Chart, Matching Supports, 2 Minute Drill, Learning Log, 4+1, Donut, and Working not Working.
- Tri-Countires Regional Center offers training on Person Centered Thinking annually, for more information go to: https://www.tri-counties.org/person-centered-practices/person-centered-thinking-training/

Essential Lifestyle Planning assumes that there are people who are knowledgeable and know the person, but doesn't assume that there is a committed group of people around the person. **Essential lifestyle plans have 4 basic sections:**

- The administrative section (who the plan belongs to, who was involved in producing it)
- The person's section (good things about me, also known as positive reputation, what is important to the person)
- The support section (describes what support the person requires and what people who know and love the person believe are important for the person to be healthy and safe)
- The action plan (reflects the discrepancy between what is described in the plan and what is happening in the person life at the moment- where something is important to the person and is not present in their life, an action is set to change this.)
- In conclusion an action plan is developed.

Essential Lifestyle Planning was designed to be done inside and outside systems. Path and Maps were designed to be done on the edges of systems where the person could find those committed groups of people.
More Information:
https://allenshea.com/brochure.pdf
https://allenshea.com/wp-content/uploads/2017/02/Essential-Lifestyle-Planning-for-Everyone.pdf

Person Centered Planning Methods

Overview

A Person-Centered Review is a person-centered/directed planning process that gathers together the people that are important in someone's life and uses person-centered thinking tools to explore what is happening from different perspectives including the person served, people important to them and other people they interact with. The goal is to come to agreement on what actions might need to be implemented to create a better life and match the best supports to help achieve this.

- It focuses on what matters to the person, what support they need and what is working and not working in their life.
- The questions asked in this style of planning are: What is Important To the person now and in the future (i.e. immediate and in the long-term future. This can include his/her hopes, dreams, and aspirations for the future). What support and help does the person need to be healthy and safe based on what is important to him/her; It should not include things that the person can do for him/herself independently. Issues to work out and questions to answer. What is working not working from different perspectives from each person; and from this an action plan is developed.

More information:
http://helensandersonassociates.co.uk/person-centred-practice/person-centred-reviews/
Julie Malette facilitating a person-centered review https://www.youtube.com/watch?v=wxe-tB6wOz8

Planning Live is an inclusive and engaging approach to person centered planning that brings the people who are important to the planner together, in person or remotely, to listen to what is important to them and discuss a range of topics that culminates in a set of desired outcomes and a "perfect week" on which to base the planning of the person's support and spending plan if in Self-Determination.

In situations where people live together and share a support team, Planning Live can take the form of a 2-day event, where all those involved will go through the process together, and develop a unique support plan for each person. When people cannot come together, Planning Live can be facilitated online with a planner and their invited guests using videoconferencing and interactive technology.
More information: https://helensandersonassociates.com

Person Centered Planning Methods

Overview

PATH stands for **Planning Alternative Tomorrow with Hope**.
PATH is a group process for discovering a way to move toward a positive and possible goal, which is rooted in life purpose, by enrolling others, building strength and finding a workable strategy. It is a creative planning tool that starts with the end in mind.

- The work begins with a visioning process that focuses the person with whom planning is being done to identify their dreams and defining how they want to live at some point in the future. Then the planning process moves from the North Star backwards to an outcome of first (beginning) steps that are possible and positive.
- This planning process is recorded primarily with graphics to represent the ideas shared and gathered. The questions asked in this style of planning are: What is your North Star? (i.e. ideals, values, passions, hopes, dreams) What is positive and possible to achieve within a time frame? What is happening now? Who to enroll? How to grow stronger? What are our next steps and strategies?
- This process is conducted by two facilitators, one to facilitate and one to record. Trust and confidentially are two key issues that must be addressed and reinforced throughout this process.

More information: www.inclusion.com

Liberty Plan is a tailored process for cultivating possibilities in life categories that matter most to you now. It is a chance to celebrate the person, reflect on what they want to accomplish and listen for what more the person wants to explore. It helps to engage the person in action. This planning process is recorded primarily with graphics to represent the ideas shared and gathered.

- The areas touched upon in this style of planning are: Celebrate (brag about yourself a bit), Reflect (to review previous accomplishments), Listen (to invite dreams, thoughts and plans to unfold), Engage (to bring the future into now by creating an action plan).

More information: www.lifeworks-sls.com

Person Centered Planning Methods

Overview

MAPS stand for **Making Action Plans** is about mobilizing the circle that's around a person. A circle would be a group of committed people who are willing to walk with the person and be with the person and typically are mostly not paid. MAPS is a way to mobilize that group and keep them mobilized and committed to continue to work towards a desirable future.

- MAPS is a group process for clarifying gifts of the individual, identifying meaningful contributions they can make or currently make, specifying the necessary conditions for contribution and making agreements that will develop opportunities for contribution. The categories covered: Hear the story, Honor the dream, Recognize the nightmare, Name the gifts, Say what it takes, Make Agreements, Celebrate.
- This planning process is recorded primarily with graphics to represent the ideas shared and gathered. This process is conducted by two facilitators, one to facilitate and one to record.

More information: www.inclusion.com and http://tinyurl.com/gr87s7x

Resources for Person Centered Thinking and Planning:

Person-Centered Planning video clips:

- Michael Smull on the evolution of person-centered thinking. https://www.youtube.com/watch?v=pYtDrbkZCps
- Michael Smull on what is meant by person-centered approaches, thinking and planning including PATH, MAPS Essential Lifestyle Planning? https://www.youtube.com/watch?v=tvANuym5VXY&t=70s
- Michael Smull conducting a person-centered planning meeting: https://www.youtube.com/watch?v=OQbs5JhKNXM
- Helen Sanderson describing the person-centered reviews process: http://helensandersonassociates.co.uk/person-centred-practice/person-centred-reviews/ and http://tinyurl.com/gr87s7x
- Julie Malette facilitating a person-centered review: https://www.youtube.com/watch?v=wxe-tB6wOz8
- Michael Smull Person Centered Planning Session: https://www.youtube.com/watch?v=OQbs5JhKNXM
- What is Person Centered Planning: https://www.youtube.com/watch?v=ECcH5SR4KzM
- 5 Key parts in person centered planning an easy read guide: https://www.youtube.com/watch?v=BSLRow7kkYs
- Beth Mount Person Centered Planning: https://www.youtube.com/watch?app=desktop&v=2REk6fYDZ0Y
- Beth Mount Person Centered vs System Centered: https://www.youtube.com/watch?v=y77y7XW8GtE\
- Beth Mount Building Community: https://www.youtube.com/watch?v=eJ2SJsmWfe0
- Beth Mount Beautiful Justice: https://www.youtube.com/watch?v=lXMALqo4E24

Resources for Person Centered Thinking and Planning:

One Page Profile Resources:

- Helen Sanderson Associates One page profile: http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/
- One page profile examples: https://onepageprofiles.wordpress.com/
- One page profile you tube video: https://www.youtube.com/watch?v=fnaKnVWFh44
- Getting Started with one page profiles: https://www.youtube.com/watch?v=ekEtStwHdhY
- One page profiles in school: https://www.youtube.com/watch?v=u5ft4Hbyoes
- One page profile templates: http://www.sheffkids.co.uk/adultssite/pages/onepageprofilestemp lates.html

Person-Centered Planning Resources:

- Personal Futures Planning: http://tinyurl.com/jxe7s4l
- Allen and Shea website with a Personal Passport workbook: http://tinyurl.com/hvpsraj
- "It's My Choice" by Bill Allen, published by Department of Health and Human Services, Administration on Intellectual and Developmental Disabilities, Minnesota – a workbook with tools for person-centered planning https://mn.gov/mnddc/extra/publications/Its-My-Choice.pdf
- Person-Centered Planning: Pathways to Your Future – A toolkit for anyone interested in Person-Centered Planning, Sonoran University Center for Excellence in Disabilities, Department of Family & Community Medicine, University of Arizona – an overview of the person-centered planning process with tips for those in an individual's circle of support https:// sonoranucedd.fcm.arizona.edu/sites/sonoranucedd.fcm.arizona.edu/files/ publication/PCPToolkit_Final.pdf
- Charting the Life Course https://www.lifecoursetools.com/
- Seven Questions to Guide the Development of a Support Plan by David Pitonyak http://dimagine.com/seven-questions/
- DDS' Individual Program Plan Resource Manual: A Person- Centered Approach http://www.dds.ca.gov/RC/IPPManual.cfm
- A guide for personal futures planning: http://tinyurl.com/jxe7s4l
- Think and Plan: http://www.thinkandplan.com/ Here you will find a range of person-centered thinking tools and one-page profiles. You can use these for a person-centered review or to help create a support plan. Fill in the tools online and print them out, or save them to your computer.

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- Person-Centered Planning: Pathways to Your Future – A toolkit for anyone interested in Person-Centered Planning, Sonoran University Center for Excellence in Disabilities, Department of Family & Community Medicine, University of Arizona – an overview of the person-centered planning process with tips for those in an individual's circle of support https://sonoranucedd.fcm.arizona.edu/sites/sonoranucedd.fcm.arizona.edu/files/publication/PCPToolkit_Final.pdf
- Charting the Life Course https://www.lifecoursetools.com/
- Seven Questions to Guide the Development of a Support Plan by David Pitonyak http://dimagine.com/seven-questions/
- DDS' Individual Program Plan Resource Manual: A Person- Centered Approach http://www.dds.ca.gov/RC/IPPManual.cfm
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My Notes & Next Steps