



**Utah Parent Center**  
Special needs, extraordinary potential

## Resource List

# Person Centered Planning Resource List

1. It's My Choice... by William T. Allen, Ph.D. Published by Minnesota Governor's Council on Developmental Disabilities. Workbook suitable for individuals with disabilities, their families, and professionals. Contains how to information, checklists and planning tools. 87 pages. Information is in simple language.  
[http://mn.gov/mnddc/extra/publications/choice/Its\\_My\\_Choice.pdf](http://mn.gov/mnddc/extra/publications/choice/Its_My_Choice.pdf)  
Free download at link or may be purchased from Amazon.com
2. Person Centered Planning—An excellent workbook geared for families created for North Dakota. Free download.  
[http://supporteddecisionmaking.org/sites/default/files/ndcpd\\_person\\_centered\\_planning\\_0.pdf](http://supporteddecisionmaking.org/sites/default/files/ndcpd_person_centered_planning_0.pdf)
3. Utah's DSPD Family Guide for Person Centered Planning  
*Coming Soon—Under Development (Please Check Back)*
4. Social Power Constructs: A Guidebook For Recognizing Power Regularities by Tanya D. Whitehead  
Available for download from Amazon.com  
Workbook available in hard copy or for download from Amazon.com
5. Mindset, The New Psychology of Success, How We Can Learn to Fulfill our Potential by Carol S. Dweck, Ph. D. Explores the difference between the fixed and growth mindsets. This book explores the power of a growth mindset and high expectations.
6. See also, Ted Talk by Carol S. Dweck.  
[https://www.ted.com/talks/carol\\_dweck\\_the\\_power\\_of\\_believing\\_that\\_you\\_can\\_improve](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve)
7. Cornell University has a website that offers information on each of several person centered planning tools. Explore these tools at  
<http://www.personcenteredplanning.org/courses.cfm>
8. The Beach Center at the University of Kansas offers dozens of scholarly articles about person centered planning. Search either the Beach Center website or the University of Kansas website.  
<http://www.beachcenter.org/default.aspx?JScript=1>
9. National Resource Center for Supported Decision Making website--  
<http://supporteddecisionmaking.org/>
10. Utah Code regarding Person Centered Planning  
<http://dspd.utah.gov/pdf/1.1%20Human%20Rights.pdf>

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