Person-Centered Planning

A plan to help you and your family members achieve a happy, fulfilled life.

• What is the vision?
• What are the goals?
• What steps are needed to get there?
• Who will provide support?

*Getting Input from Individuals with Communication Difficulties

- Voice
- Signs
- Yes/No
- Pointing
- Card exchange
- Eye Gaze
- Partner Assisted Scanning

*Courtesy of Robert Woodbury, AT Coordinator
Cache School District

Tools to Assist in Person-Centered Planning

Charting the LifeCourse Tools
- Life Trajectory Worksheet
- Integrated Supports Star
- Life Domain Vision Tool

** tools available free of charge at https://lifecoursetools.com
• Focuses on ALL people
• Within the context of family and community
• Across the lifespan and life domains
• Achieving life outcomes
• Integrated services and support
• www.lifecoursetools.com

Achieving Outcomes for Connected Life Domains

- Daily Life and Employment
- Healthy Living
- Community Living
- Safety and Security
- Social and Spirituality
- Advocacy and Engagement

Life Trajectory Worksheet
Trajectory Worksheet for Exploring

Trajectory Worksheet for Planning

Living a Good Life
Vision via Choice Cards

- Things I want in my life
- Things I don’t want in my life
- Things I’m not sure about
- Things I want to learn

Sample Trajectory - Family

INTEGRATING SUPPORTS AND SERVICES
How to Use the Integrated Supports STAR

- Can use pictures and icons
- Do the Trajectory first then use the Star to get individual to their vision
- Use for implementation of goals
- Divide into now and future, have and need
Another Sample

<table>
<thead>
<tr>
<th>Daily Life Employment</th>
<th>Community Living</th>
</tr>
</thead>
<tbody>
<tr>
<td>I want to have a job and make money. We would like to see him working in a job he enjoys.</td>
<td>I want to live where my favorite football teams play. I think I will continue to live with my parents. We would like to explore having a basement apartment for him.</td>
</tr>
</tbody>
</table>

Sample continued

<table>
<thead>
<tr>
<th>Daily Life Employment</th>
<th>Community Living</th>
</tr>
</thead>
<tbody>
<tr>
<td>I know no idea. All this time think we will start limited participation to help in house matters. He’s a hands-on kind of guy and does not understand money. He also can’t read, can’t understand a lot of the things I say. We need a lot of support. It’s very difficult to help him with all of these details. We are not sure what will happen when we are no longer able to support him.</td>
<td>I will make decisions. We are working on teaching him about roles and responsibilities in our home. We focus on having him make as many decisions as possible and involve him in decisions that affect him. We talk about why certain decisions are made and the possible consequences of decisions.</td>
</tr>
</tbody>
</table>

How to Use a Person-Centered Plan

- Create a plan with goals and steps to reach the person’s vision
- Consider what needs to happen in each life stage
- Use the tools to show the impact of decisions
- Use to train (or remind) caregivers of desired outcomes
- Use to plan a specific time frame – week, month, school year, etc.
- Create a plan focused on one life domain
- Use the tools to inform the IEP
Resources for Person-Centered Planning

- utahparentcenter.org – Intro to Person-Centered Planning and Family-to-Family Network
- lifecoursetools.com – Charting the Lifecourse Nexus
- uatpat.org – Utah Assistive Technology Program
- Utah Center for Assistive Technology (URL too long, google it)
- Utah Assistive Technology Teams www.uatt.org
- understood.org – Learning, Attention, Thinking differences
- DSPD.utah.gov – Division of Services for People with Disabilities

Questions?

All services offered free of charge. Please call the Utah Parent Center 801-272-1051 or visit the website at www.utahparentcenter.org

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