



PERSON CENTERED PLANNING

Person Centered Planning is an ongoing problem-solving **process**, used to help individuals supported plan, for their future.

In person centered planning, a group of people (Friends, Family Members, CLFFD employee, Supervisor, Facilitator, neighbour, other professionals, etc) focus on the individual's vision of what they would like to do in the future. This "person-centered" team meets to identify opportunities for the individual to:

- ▶ **Develop personal relationships**
- ▶ **Increase opportunities for participation in their community**
- ▶ **Increase control over their own lives**
- ▶ **Recognize their desires, interests, and dreams**
- ▶ **Through team effort, develop a plan to turn dreams into reality**
- ▶ **Develop the skills and abilities needed to achieve these goals**

Person centered planning depends on the commitment of a team of individuals who care about the individual supported. These team members take action to make sure that the strategies discussed in planning meetings are implemented.

All of this very important information gets put into each individual's Plan called the **Individual Support Plan** so everyone can see it and is on the same page and working towards the same goals.

A person centered plan can help you see the total individual, recognize his or her desires and interests, and discover completely new ways of thinking about the future of that individual.