

Person Centered Planning

'Person Centered Planning is a philosophy and a set of related activities that assist individuals with developmental disabilities to plan for a life in which they can be valued and contributing members of the community.'

Beth Mount

For a long time society regarded people with developmental disabilities as 'broken' and concentrated its attention and its resources on trying to 'fix' them. Over the years, as programs were developed and service systems established, the voices of individuals and families were gradually, if inadvertently, muted.

Person Centered Planning emerged about 25 years ago as a way of consciously searching for new ways of understanding individuals with developmental disabilities, and their experiences and desires. It assumes that each individual and his or her loved ones are the primary authorities when it comes to making plans. It is based on a person's gifts and abilities. It challenges everyone involved to look beyond perceived limits and think more creatively about what is possible. It is a pledge to listen.

Person Centered Planning can take many forms and comes under many names, but all true forms of Person Centered Planning have one thing in common: they work with a person, not on a person.

Core elements in Person Centered Planning include:

- The individual is the driving force of the planning process.
- The individual chooses the people he or she wants to be involved in the process.

- Family and friends can be full partners in the planning process.
- Individuals have interests and gifts that provide a valued role for them in the community.
- Individuals desire and have the ability to gain and maintain mutually satisfying relationships.
- Continual listening, learning and action will help individuals get what they want in life.

Person Centered Planning is about individuals and their whole lives, not just the services they may receive.

More information about Person Centered Planning including a Guidebook, Tool, Roster of Independent Facilitators and Lit Review is available from the PDD Central Region Community Board website at www.pdd.org/central or from a Community Supports Coordinator in any PDD Central Region office

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