

## Questions for the Person Centered Plan

### Format #1

1. Who is \_\_\_\_\_?
2. What are the things you are good at?
3. What do you like to do in your free time?
4. Where do you want to live? What type of place do you want to live in?
5. What types of jobs have you had? What type of jobs do you want to do?
6. What are your dreams for your future?
7. Do you have any nightmares?
8. Who are your support people? (home, school, work)

## Person Centered Plan Guidelines

### Outcomes

Planning for transition to adulthood, self advocacy, decision making, self awareness, vocational inventory, supports transition to adulthood, student driven, choice making, and a process of self discovery

### Overview

A person centered plan is a process of self inquiry. A series of questions are asked to the participants about the student's strengths, talents and personal interests. An Action Plan is developed based on the results of the meeting. Information from the PCP can be used to develop the Individual Transition Plan from the IEP. The facilitator should conduct the meeting according to the individual needs of the student.

### Explanation of the Person Centered Plan for the Student

A person centered plan is a process that focuses on your interests and what you want to do with your life. (Playing sports; exploring different job options; obtaining a driver's license; learning public transportation etc.) **It is ways to make the things in your life happen.** This process begins with a meeting. You invite whoever you feel knows you best. It can be: a relative parent, brother, sister, aunt, uncle, grandparent, best friend, coach, school counselor etc. You decide where you want the meeting to be held. (School, home, restaurant or coffee house) Once you have decided on a date, time and place for the meeting, you will need to send out personal invitations. The final step of the meeting is developing the Action Plan. The Action Plan is a list of goals that you expressed were of interest to you. You will use the Action Plan as a checklist of your personal goals. After the meeting is held, your teacher will assist you with developing a Power Point about you. You can decide if you would like to show the PowerPoint at your IEP meeting and/or to your classmates. Remember this is a process and the Person Centered Plan will be revisited at least once a year before your annual IEP.

### Guidelines to be read before the meeting

- All ideas and opinions are respected.
- One person talks at a time.
- Participants should be supportive of the student's vision.
- Student visions should be valued and explored through the Action Plan.

### **Steps for the Teacher**

1. Read or explain the purpose and process of the person centered plan to the student.
2. Assist the student with deciding who they would like to invite to the meeting.
3. Assist the student with determining where and when the meeting will be held.
4. If the PCP is held at school, find a room that is quiet without distractions.
5. Assist the student with writing an invitation to each participant.
6. Student delivers and/or mails invitation to participants.
7. If appropriate, provide the student with a list of the questions prior to the meeting to better prepare them for the meeting.
8. Set the room up for the meeting and have materials available.
9. Facilitator reads the purpose and guidelines of the PCP.
10. Facilitator asks each question and records the participant's responses on the chart paper or a lap top computer.
11. Based on the responses to the questions, develop an Action Plan.
12. Use the PCP to develop the Transition Plan.
13. Assist the student with developing the results of the PCP into a presentable format such as a Power Point. Decide who you want to present the Power Point to ( IEP meeting, classmates, family, friends)
14. Assist the student with checking off each goal of the Action Plan as it is completed.
15. Re-visit the Person Centered Plan each year prior to the IEP.

### **Steps for the Student**

1. Decide who you would like to invite to the meeting.
2. Decide where and when you want the meeting to be held.
3. Make out the invitations.
4. Deliver and/or mail the invitations to the participants.

5. Check with your teacher for a list of the questions that will be asked at the meeting.
6. Read through the questions and think about your responses.
7. Participate in the Person Centered Plan.
8. Thank everyone for attending your meeting.
9. Check off each goal of the Action Plan as completed.

#### Format #1

This format can be used for a student who has some reading ability. Present the student with a hard copy of the questions that they can refer to throughout the meeting. If the meeting is held at school, hang chart paper around the room. Write responses to the questions on the chart paper.

*Materials:* copy of list of questions for student, chart paper with questions, colored markers, masking tape

#### Format #2

Students who may need a visual picture prompt will respond best to this structure. This format can be used in different environments: school, student's home, a restaurant, coffee house etc. The student is presented with a question and staff person flips through picture prompts. When asking the question about student dreams, sort picture cards into categories: "yes", "no", "maybe". The "maybe" responses become "yes", as an area to explore and should be included in the Action Plan.

*Materials:* questions, picture prompts, format for Action Plan