

MY PERSON CENTERED PLAN

NAME:

DATE:

Section 1



My Relationships...

These are the **relationships** that are **important to Me**

Family

Community

My family members that I see less often (i.e. cousins, aunts):

People in the Community that I associate with (i.e. Doctor, Church Pastor):

My family members that are most important to me (i.e. Mom and Dad):

People in the Community that mean a lot to me (i.e. employer at worksite):

Community Networks

Personal Networks

Community Networks

Friends that are most important to me:

People who provide me with services that I feel close to

Friends

People I have met that I like (i.e. acquaintances)

People who provide me service that I like being around

Service Provider(s)

Section 2



My Life Now...

2.1 A snapshot of ME and MY HOME



2.2 A snapshot of MY COMMUNITY CONNECTIONS



2.3 A Snapshot of MY WORK or VOLUNTEER ACTIVITIES



2.4 A Snapshot of MY PDD OR OTHER PAID SERVICES



2.5 MY WEEKLY CALENDAR - RIGHT NOW

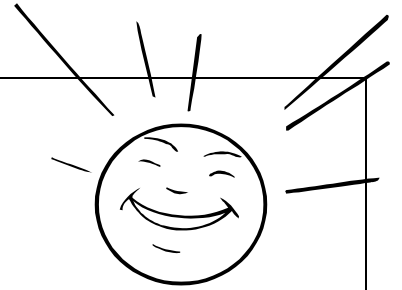
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Section 3



**My Interests and
Gifts...**

3.1 These are some **great things** about **me**



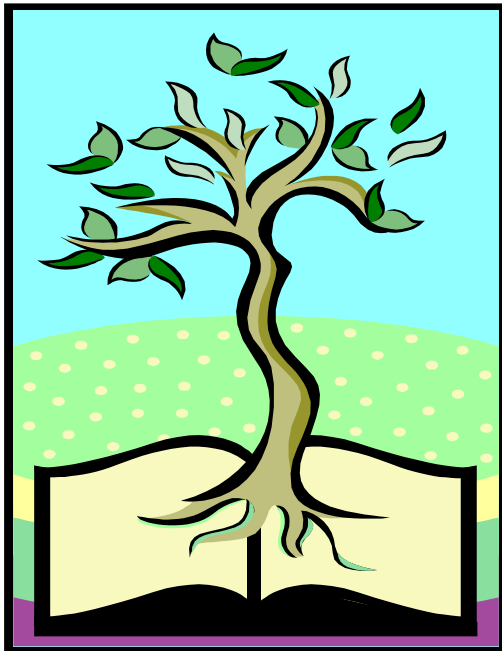
3.2 These are some **things** that **I** am **good at**

3.3 These are **things** **I** am **interested in**

3.4 These are some **things** **I** **enjoy doing**



Section 4



My Learning...

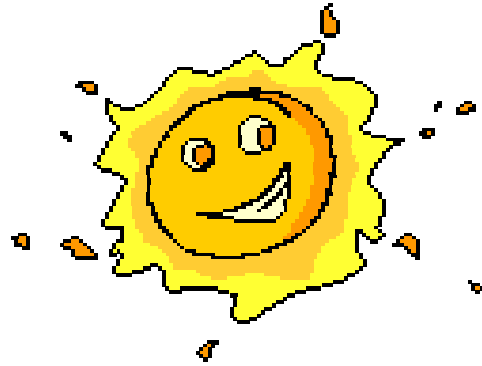
4.1 This is what I am **learning** to do now ...



4.2 These are **other things** I would like to **learn** ...



Section 5

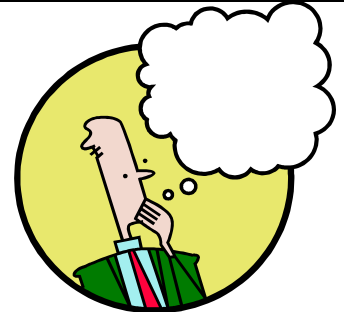


My Life...
Likes and Changes...

5.1 What do **I like** about my life?



5.2 What would **I change** about my life?



Section 6

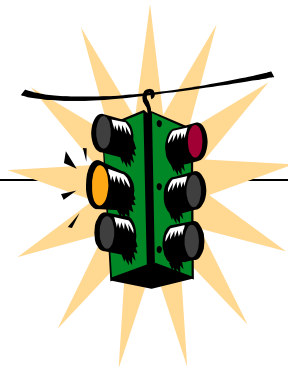


How to Listen to
Me...

6.1 RED LIGHT - GREEN LIGHT

Things that Do Not Work for Me

You Can Do This Instead



6.2 How YOU can Hear ME!

What is happening around ME?

This is what I am doing...

This is what I am trying to tell you...

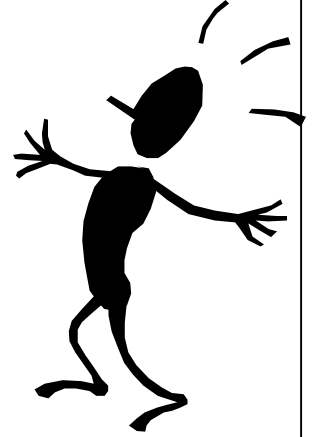
I need you to do this...

Section 7

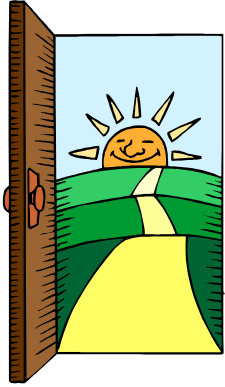


My Contributions and
Dreams...

7.1 My **Personal Qualities** to Appreciate and Enhance:



7.2 My DREAMS for MY LIFE



7.3 Themes, Gifts, and Interests That Seem To Be Developing for ME:



7.4 Opportunities for SOCIAL ROLES and COMMUNITY CONNECTIONS

GIFTS THEMES, INTERESTS, GIFTS, and MEANINGFUL CONNECTIONS I WANT TO FOCUS ON RIGHT NOW



WHERE WHERE IN MY COMMUNITY and HOME ARE THERE OPPORTUNITIES TO EXPERIENCE AND SHARE THESE THEMES



SOCIAL ROLES WHAT POSSIBLE SOCIAL ROLES AND MEANINGFUL CONNECTIONS I WOULD LIKE TO EXPLORE IN RELATION TO MY INTERESTS, GIFTS OR THEMES



SUPPORT WHAT SUPPORT DO I NEED? WHAT NEEDS TO BE SET UP FOR ME TO EXPLORE MY SOCIAL ROLE



7.5 This is how I would like my week to look (using personal, natural and other supports



Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

7.6 Important dates for me throughout the year

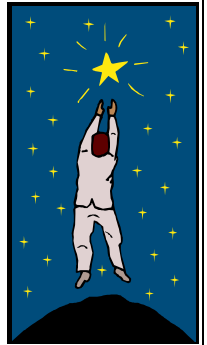
January	
February	
March	
April	
May	
June	
July	
August	
September	
October	
November	
December	

Section 8

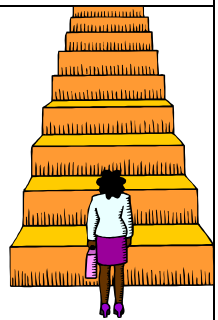


**My Opportunities,
Challenges and
Resources...**

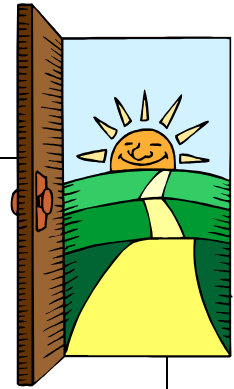
8.1 OPPORTUNITIES



8.2 CHALLENGES



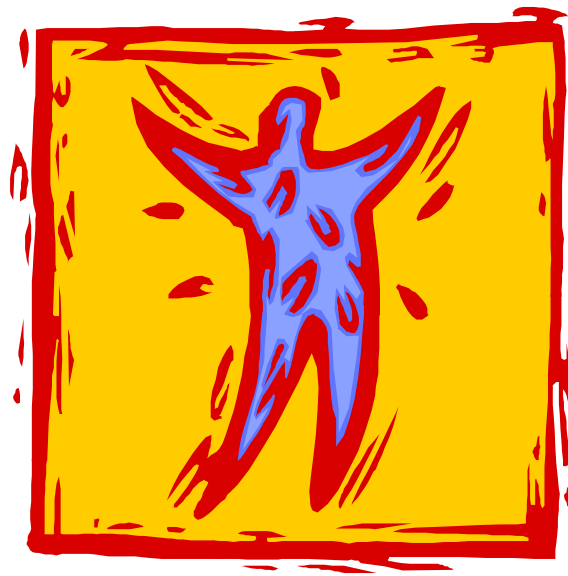
8.3 RESOURCES AVAILABLE TO ME...



Me	
Family	
Friends	
Community	
PDD	
Other	



Section 9



My Vision of My
Life...

9.1 FRIENDS, RELATIONSHIPS, AND COMMUNITY LIFE

VISION
(What Do I Want To Happen?)

Desired OUTCOMES and SOCIAL ROLES

CIRCLES OF SUPPORT/ACCOUNTABILITIES
(Who is going to help me achieve my vision?)

9.2 HOME

VISION
(What Do I Want To Happen?)

Desired OUTCOMES and SOCIAL ROLES

CIRCLES OF SUPPORT/ACCOUNTABILITIES
(Who is going to help me achieve my vision?)

9.3 WORK / MEANINGFUL DAY/ ACTIVITIES

VISION
(What Do I Want To Happen?)

Desired OUTCOMES and SOCIAL ROLES

CIRCLES OF SUPPORT/ACCOUNTABILITIES
(Who is going to help me achieve my vision?)

9.4 ANYTHING ELSE?

VISION
(What Do I Want To Happen?)

Desired OUTCOMES and SOCIAL ROLES

CIRCLES OF SUPPORT/ACCOUNTABILITIES
(Who is going to help me achieve my vision?)

Section 10



My Plan for
Renewal...

10.1 When I would like to Review my Person Centered Plan...

10.2 Where I would like to review my Person Centered Plan

10.3 Who I would like to help me in reviewing my Person Centered Plan....