



# Informing Families

*Today and Tomorrow*

A Partnership for Better Communication  
on Developmental Disability Issues in Washington State

## Person-Centered: What's in a Name?

The term *person-centered* refers to a process of planning that's driven by the individual and is rooted in community. It's focused on the person, not the service system.

Although services may be part of the picture, they are not the driving force and vision.

The result of this kind of planning is an evolving, living portrait of the person's strengths, skills, dreams and goals, as well as a road map to the future in work, school, home, relationships and community life.

Until recently, *person-centered* has referred to planning done with the individual and a group of helpful people chosen by the individual—informally or formally. With a new federal requirement now in place, our state is beginning to use a *person-centered approach* to service planning for individuals on a Home & Community Based Services waiver.

Although each term has a different purpose and design, they both focus on the person's strength's, skills, needs, relationships, and goals.



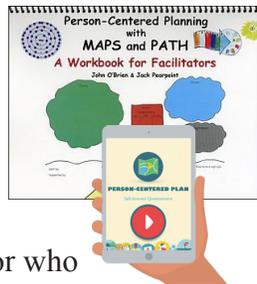
*I would recommend everyone look at Person-Centered Planning as a way to draw people into your child's life and sign on to help. Such a great underutilized tool.*

—Sherri H., Parent

### PERSON-CENTERED PLANNING

#### WHAT IS IT?

PLANNING that's driven by the individual, with help from family, friends and professionals that the person chooses to include. Person-centered planning can be done informally in any setting (home, school, work) or with a paid facilitator who guides the process.



Non-facilitated planning can easily be done with emerging tools, such as the My Life Plan, a free online guide to planning by identifying skills, strengths, needs, supports and goals to help you at every age and stage of life: [www.mylifeplan.guide](http://www.mylifeplan.guide).

There are many types of facilitated person-centered planning, but MAPS, PATH, Future's Planning are a few of the most well known tools. Some DDA programs include facilitated person-centered planning as a service. Check with your DDA case manager to find out if it's available to you.

#### WHO IS IT FOR?

Everyone.

### PERSON-CENTERED SERVICE PLANNING

#### WHAT IS IT?

An APPROACH to service planning that Developmental Disabilities Administration (DDA) case managers use to engage clients during the person's annual assessment.



It's the result of new federal rule that encourages a shift away from planning that looks at people as part of a service system, and moves toward planning that looks at what a person wants and needs for herself and where services can support that vision. It is not the traditional facilitated process. It's a way of viewing the role of services as a part of the larger whole.

Prior to the annual planning meeting, your case manager will send a one-page worksheet to help you think about your strengths, skills, needs and goals. Fill out as much as you can and take it with you to your meeting, along with any other planning work you've done.

#### WHO IS IT FOR?

All DDA clients who receive services.