Person Centred Planning (PCP) is rooted in the idea of Person Centred Thinking. It is thinking that is focused on abilities, strengths, and aspirations of an individual rather than being focused on disabilities and weaknesses.

**Person Centred Planning is:**
- Individual-focused
- Non-judgemental
- Positive
- Collaborative
- Imaginative
- Creative

PCP Addresses the Individuals Need For:
- Respect, privacy and dignity
- Friendships and relationships
- Participating in one’s community
- Having a valued role in community
- Support during life changes
- Supports that are positive and non-restrictive/non-intrusive

A Person Centered Plan is an individualized approach that helps a person discover what they really want.

**Values of Person Centred Planning**
- Listening to the individual and their choices
- Enhancing quality of life
- Integration
- Social inclusion and community participation
- Supporting dreams
- Contributions of the team

**Elements of the Person Centred Planning Process**
- Individual is at the centre on the planning
- Individual chooses who they want to be part of the process
- Learning about the individuals relationships, likes, dislikes, and goals
- Listening
- Developing supports for individual’s needs
- Establishing goals
- Taking action to achieve goals

**Person Centred Planning Addresses:**
- Health
- Safety
- Basic Needs
- Quality of Life
- Citizenship
<table>
<thead>
<tr>
<th>Key Question</th>
<th>Traditional Planning</th>
<th>Person Centred Planning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Who is the person of concern?</td>
<td>The client.</td>
<td>The citizen.</td>
</tr>
<tr>
<td>What is the typical setting?</td>
<td>A group home, adult training centre, or special school.</td>
<td>A person’s home, workplace, or local school.</td>
</tr>
<tr>
<td>How are the services organized?</td>
<td>In a continuum of options.</td>
<td>Through a unique array of supports available to the individual.</td>
</tr>
<tr>
<td>What is the model?</td>
<td>Developmental/behavioural.</td>
<td>Ordinary living.</td>
</tr>
<tr>
<td>What are the services?</td>
<td>Programs/Interventions.</td>
<td>Individualized supports.</td>
</tr>
<tr>
<td>How are the services planned?</td>
<td>Individual program plan based upon professional assessments.</td>
<td>Through a person centred plan.</td>
</tr>
<tr>
<td>Who controls the planning decision?</td>
<td>An interdisciplinary team.</td>
<td>The individual or those family and friends closest to the person.</td>
</tr>
<tr>
<td>What is the planning context?</td>
<td>Team consensus.</td>
<td>A person centred team of circle of support.</td>
</tr>
<tr>
<td>What is given the highest priority?</td>
<td>Independence, skill development, and behaviour management.</td>
<td>Self determination, relationships and valued social roles.</td>
</tr>
<tr>
<td>What is the objective?</td>
<td>To develop independence and change undesirable behaviours.</td>
<td>To support the person to have the lifestyle they chose in their local community.</td>
</tr>
</tbody>
</table>

Positive Outcomes of Person Centred Planning:

- Building social networks
- More contact with family
- More contact with friends
- Involved in community activities
- Making choices
- Improvement in quality of life

Person Centred Planning is rooted in the idea of Person Centred Thinking. It is thinking that is focused on abilities, strengths, and aspirations of an individual rather than being focused on disabilities and weaknesses.

Person Centred Planning Addresses the Need For:
- Respect, privacy and dignity
- Friendships and relationships
- Participation in the community
- Support during life changes
- Positive Support

Person Centred Planning is:
- Individual-focused
- Non-judgemental
- Positive
- Collaborative
- Creative

A Person Centered Plan helps a person discover what they really want.

Who is Involved?
- Individual
- Friends
- Family
- Support Staff
- Anyone the individual wants to be involved

Person Centred Planning can Involve an Individuals:
- Health
- Safety
- Basic Needs
- Quality of Life
- Citizenship

The Person Centred Planning Process:
- Individual is at the centre of the planning
- Individual chooses who they want to be part of the process
- Listening to one another
- Learning about the individual's relationships, likes, dislikes, and goals
- Developing supports for the individual's needs
- Establishing goals
- Taking action to achieve the goals
A Person Centered Plan is geared towards providing opportunities, individual freedom, interdependence, and community involvement rather than fixing or solving problems⁴.

Examples of Goals:
- Finding a job
- Going to university
- Travelling
- Making new friends
- Volunteering in the community
- Moving somewhere new
- Going to more activities
- Learning to cook
- Eating healthier
- Exercising more
- Learning about relationships
- Learning about sex
- Being more independent
- Making more choices

During the process, it is likely that the individual will ask for things that challenge the family and service providers in unexpected ways. This is a positive and necessary part of Person Centered Planning. With the proper support from family and service providers Person Centred Planning can open up new possibilities for everyone involved⁴.

Positive Outcomes of Person Centred Planning ²
- Building social networks
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