# What is Person-Centered Planning?

Person-centered planning means you planning for your life.

The people you choose – family, friends – will listen and help you take charge of your life. The person-centered plan helps you make your own decisions, develop your potential, and become a contributing member of your community. Person-centered planning puts you in control of the choices that affect your life.

Before person-centered planning, people with developmental disabilities did not have many choices in life. There was little opportunity to make plans for the future. Professionals in agencies made the decisions and had the control.

Today person-centered planning is the law (Michigan Mental Health Code 1993). This law says that each person receiving developmental disability or mental health services can plan his or her own life. The law also says any agency or worker who serves your interests must abide by the choices made in your plan.

## DO THE PLANNING YOURSELF

To make a plan, you gather together people you know and trust: family, friends, neighbors, professionals with whom you feel comfortable. There are a lot of areas up for discussion as you make your plan.

(1) What do you want your life to be like?

- Where do you want to live? With whom?
- What kind of job do you want?
- What kinds of everyday choices do you want to make?
- What are your interests?

- Do you want to continue doing what you do now? Are there other things you'd want to do?
- Are there other opportunities in the community you'd like to explore?

(2) What do you need to do to make these things happen?

- How do you make others aware of your preferences and interests?
- What services and supports will you need?
- Who do you want to provide those services and supports?
- What skills do you want to develop?
- What are your responsibilities for making your choices reality?

## YOUR CHOICE!

Answering the questions above will help you create your plan. You can always change your personal plan if you want to change your life and goals. For example, if you change your mind and decide you want to go to college instead of looking for a job, you change your plan to show that.

You may want to tell your family or friends you want to do a person-centered plan. Then call your support person at the Community Mental Health office and tell them you want to do a plan.

Where you go from there……..is up to you!!

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**For more information, please contact the DD Council by phone – 517-334-6123, by TDD – 517-334-7354. Our address is: 1033 S. Washington Ave., Lansing, MI 48910. Our website is: www.michigan.gov/ddcouncil.**

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## OUR COMMUNITY INCLUDES EVERYONE !