

# Person Centered Planning as the Foundation of Lifelong Growth

2016 Developmental Disabilities  
Family Resources Conference  
18 November 2016



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## Objectives for Today

- Introduce Person-Centered Planning & explain the concepts and principles that guide it
- Learn how Person-Centered Planning can be helpful as you practice self-determination and self-advocacy
- Hear from youth who use Person-Centered thinking and planning in their lives



## A Belief . . .

All individuals, regardless of the barriers they face, have the opportunity to find success and independence through employment.

All people have the right and the responsibility to exercise freedom of choice in their own lives.

**A person's ability to control her or his own destiny is a basic human right.**

## Person-Centered Thinking


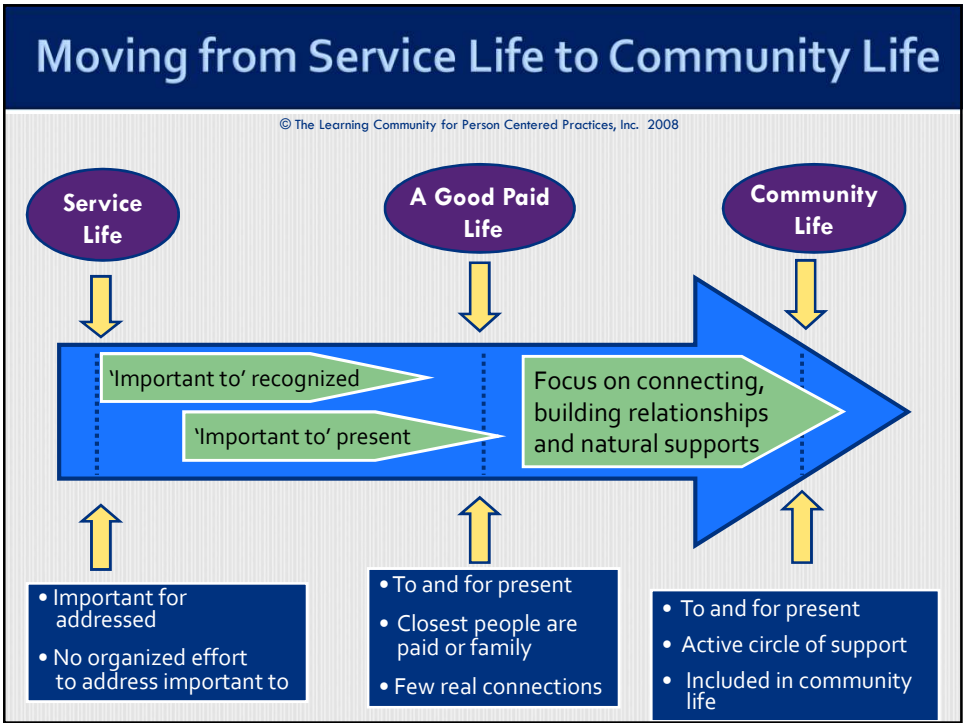
### Foundation of Person Centered Practices and Planning

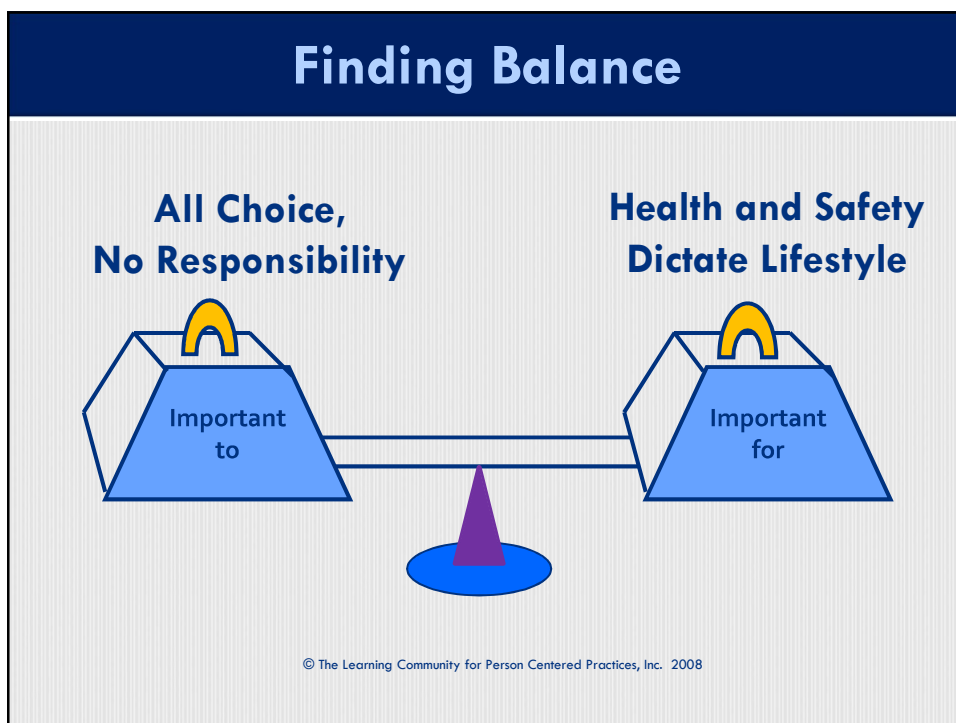


- ❑ Principles of inclusion, self-determination, family support, and social model of disability
- ❑ A balance between what is important to and what is important for a person
- ❑ Moving towards a Community Life from a Service Life
- ❑ Help people have better lives not just better plans

## Operating Principles

- **Inclusion**
  - Universal design; belonging, engaged in, & connected to larger community
- **Self-Determination**
  - Empowerment, personal responsibility, leading independent life-styles within the community
- **Family Support**
  - Family empowerment, integrity, needs, values, community development



## Desire for ALL

1. Independent Living
2. The opportunity for higher education
3. Well paid and satisfying work
4. Interesting recreational activities
5. Fulfilling relationships with peers
6. Fulfilling relationships with a significant other

## Person-Centered Planning (PCP)

PCP emerged out of a desire to serve the best interests of individuals with disabilities by first changing the way we think about disability.

PCP is an individualized approach that helps a person discover what he/she really wants:

- identify personal goals for living in the most inclusive community settings
- access a personalized mix of formal (paid) and informal (non-paid) services and support to achieve those goals
- create a comprehensive portrait of who the person is and what they want to do with their life
- bring together all of the people who are important to the person (family, friends, neighbors, support workers and other professionals)

## Person-Centered Planning...

Intentionally moves from an approach geared towards fixing or solving problems, to one focused on:

- providing opportunities
- avenues for self-actualization
- personal freedom
- meaningful interdependence
- community involvement

## Person-Centered Planning is NOT:

- ⊘ an attempt to “fix” the person
- ⊘ a “behavior plan”
- ⊘ a standardized process
- ⊘ dwelling on reputations or labels



## Person-Centered Planning IS...

- ☑ a way to organize information & in plain language
- ☑ toward a desired future
- ☑ giving respect for choices
- ☑ promotes valued roles
- ☑ positive, respectful & sensitive
- ☑ capacity focused
- ☑ an accurate picture
- ☑ action-oriented (plan-do-evaluate)
- ☑ useful for life changing events
- ☑ community/team building tool



## Person-Centered Planning

At the core of PCP is the belief that all people have the right and responsibility to exercise freedom of choice in their own lives.

Ultimately, PCP is adhering to a set of principles that value self-determination and personal dignity.

## It is more than planning

Person centered planning – by itself  
Results in Better paper  
More often than it results in Better Lives

The purpose of PCP is  
**LEARNING THROUGH SHARED ACTION**

PCP calls for a sustained search for ways to deal with  
difficult barriers and conflicting demands

**IMPLEMENTATION IS KEY**

## Self-Determination

Self-determination means using your skills and life experience to make choices and decisions about your life, that are based on your own preferences, interests, and goals.

Many times, people forget that those of us who have disabilities have our own hopes and dreams, which is why it is important for you to be able to advocate for yourself.





## Self-Advocacy

Self-advocacy means knowing that you have a say in the decisions made about your life, and exercising your right to make those decisions.

When you don't share what you want, others may start to build a plan for your future that may not look the way you would like it to.



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## Dignity of Risk

It is important to share your vision with others so they can support that vision to become a reality, even if there are mistakes and lessons learned along the way.



People who have disabilities have the right to make mistakes as they go through life, just like everyone else. This is called dignity of risk.

Everyone has the right to try, and fail.

Everyone has the right to try, and succeed.

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## Involving Others

- Nobody makes 100% of the choices and decisions in their life, on their own. Most people consult with loved ones, respected advisors, and confidants when making decisions about their lives.
- Sometimes others have information or resources that may be helpful to you, knowledge about accommodations that may be useful, or insight about what we may need assistance with, as we practice self-determination.

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## Informed Decisions

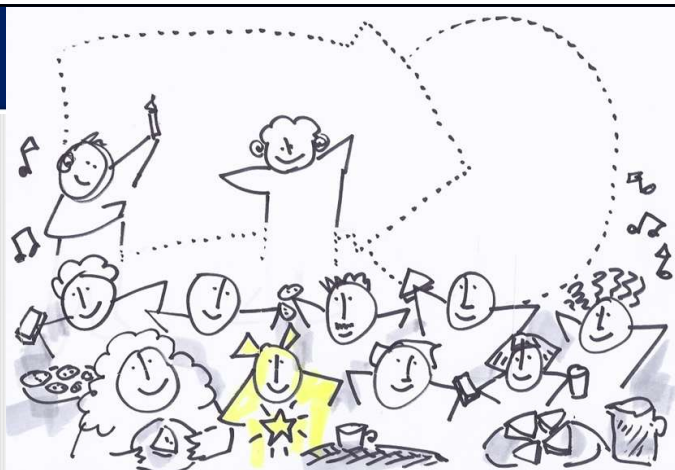
- Others may also make assumptions about what you can and cannot do, be, or accomplish. The truth is, we cannot all be and do everything we wish.
- If someone is presenting a concern, further exploration may be necessary to determine whether or not there is a true barrier behind that concern. This investigation leads to your ability to make an informed decision, which means a decision made after learning all the relevant facts.

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## Be Determined and Advocate

- Those who support you can always provide suggestions about your life, and their input is often quite valuable.
- In the end, it's up to you to determine what works the best for you, and when you are ready to try something that may be new or difficult. That is how everyone learns, and as a people who have disabilities, we must advocate for ourselves to have those opportunities.

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Now can you see why  
Person Centered Planning  
and Practices  
are so beneficial???

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## Don't Take Our Word For It...

Take it away

**AZYLF  
ALUMNI**

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## Open Floor

**QUESTIONS?**

**THOUGHTS?  
IDEAS?**

**COMMENTS?**



Education | Research | Service  
Expanding Possibilities  
Enhancing Independence



## Contact

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