What is Person Centered Planning (PCP)?

Person Centered Planning (PCP) is a way of looking at goals. It is rooted in the belief that all people have the right to:

🍃 live ❤️ love 💰 work 💡 learn ▶️ play ✈️ pursue their dreams in the community

It is a highly individualized process designed to respond to the expressed needs/desires of the individual, and is a living document meant to evolve over time. When our individuals feel they have a voice in their own plan, it will hopefully instill a sense of responsibility to "work it" in their life.

The four "P's" of PCP:

1. **Philosophy** – core values and beliefs
2. **Process** – new ways of partnering and sharing decision making
3. **Plan** – concrete roadmap to guide the work
4. **Purpose** – meaningful person-centered outcomes

What are the Benefits of PCP?

- improved relationships between staff and persons served
- increased staff satisfaction and decreased staff turnover rates
- increased individualization and overall quality of plans
- the very real awareness that, **"I am in the center and my team is all around me. I don't have to do it alone."**
- greater engagement in services
- significant improvements in a wide range of outcomes: clinical, functional, & quality of life

Short term goals should be SMART

- Simple
- Measurable
- Achievable
- Relevant
- Time-framed

What are the Key Practices of PCP?

- involving the person/family in all planning activities/meetings
- **"Nothing about us, without us!"**
- Cultural preferences are honored as well

What are Good Goals for a PCP?

Good goals express the hopes and dreams of the individual. They are:

- written in the person's own words
- culturally appropriate to the person
- can reflect a desire for self-determination
- **NOT** just about the management of health/disability-related problems, but about their overall quality of life!