

More about Person Centered Planning

To help you reach your goals and become an active part of your community, you can depend on many sources of help. Those sources are, in this order:

- You.
- Your family, guardian, friends, husband or wife, boyfriend or girlfriend.
- Sources of help in your neighborhood and community such as your church, your school, your coworkers.
- Public funded services that are for all people such as public transportation, housing resources, free health clinics.
- Public funded services through Community Mental Health Services.



Other Things to Keep in Mind about Person Centered Planning

- Person Centered Planning is more than just a new name for planning meetings. It is a new way of looking at your future.
- Your Person Centered Plan will be written down and will become part of your file. The plan will change as your goals change. You and anyone else you choose will get a copy of the plan and all changes made to it.
- The most important things in Person Centered Planning are:
 - How well your supports and services will meet your needs
 - Your health and safety



Your Supports Coordinator/Case Manager is:

And can be contacted at:

The person that will lead my PCP meeting is:

And can be contacted at:

I want my meeting held at:

The following people should be invited to my meeting:

 500 Hancock St.
Saginaw, MI 48602-4292
(989) 797-3400
www.sccmha.net

SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

It's a
brand
new
day!

... with
Person
Centered
Planning

What is Person Centered Planning?

We all have plans for the future. Sometimes, we can work toward a plan on our own. Sometimes, we need help from others.

Person Centered Planning helps you decide when you need that help. Person Centered Planning helps you and the people close to you decide the best way to meet your needs.

We use Person Centered Planning to help plan your future. It will help you be on your own a little more. And it will better help you reach your own hopes, goals and dreams.

Person Centered Planning is all about you. It is about your strengths, not your weaknesses. It is about working with your family, your friends, your community and the people who are here to help you. It will help you make choices that are best for you. Those choices might include choosing where you live and whom you live with. They might include

where you work and who your friends are. They might include what you do for fun and what you plan for the years ahead.

But mostly, Person Centered Planning is all about your future. It is an on-going process. It lets us make changes in your plan as we need to, so that we can help you as things change.

Your Role in Planning Your Future

- The planning meeting is all about you.
- You choose who is invited to the meeting.
- You choose a meeting time so you and the people who are important to you can be there with you.
- You choose what we will talk about at the meeting. If there is something that upsets you or makes you feel bad, you do not have to talk about it.
- You and the people who are important to you will decide who will help you with your goals.
- Your plan should help you decide the friends and family who will help you with your goals. Your Supports Coordinator or Case Manager should not be your only helper.
- You choose who will run the meeting. It does not need to be your Supports Coordinator or Case Manager. If you would like someone else to run your meeting, please let us know. Call Customer Service at (989) 797-3452.



How Do i Get Started?

To begin your plan for the future, your Supports Coordinator/Case Manager will want to get to know you. You will need to think about some things before your meeting. Think about:

- How do you want to spend your time each day?
- Who would you like to spend time with?
- What are some things you would like to learn?
- What happens on your best day? What happens on your worst day?
- What new things would you like to do?
- What good things do you want people to know about you?
- What are your hopes and dreams?
- What do you think could stop you from reaching your hopes and dreams?
- How do you feel you could earn some money?
- How would you spend that money to make your life better?
- What support do you need now? What will you need in the future?



What Will Your Planning Meeting Be Like?



The Planning Meeting will help you make a plan to reach your goals. In the meeting will be the people you choose to have help you.

The meeting will probably start with introductions. The people will say who they are and why they are at your meeting.

You will share your hopes and dreams for the future. Your friends and family that are there will also share the dreams they have for you. This will help everyone get to know you better, so they can help with your plan.

You will also talk about what could get in the way of your plans. Maybe it is your health. Or maybe you need to learn how to do something first. By talking about things that might stop you, you and your helpers can find ways to overcome them.

Once everyone knows what you want, and what could slow you down or stop you, you and your support group will work together on your plans for the future.

The focus is on your plans, your needs and your dreams.