

Following are several types of planning techniques that fall under the general category of “person-centered planning.” Brief information on each of these is provided to give you an idea of how they work. There are many other ways to plan, both formally and informally.

More information on planning may be found in Appendix D: Other Reading and on the internet at www.napanet.net/business/personal/ASA/resource.html

Each of these approaches has distinctive practices but share common foundations, such as:

- The person with a disability is the focus of all planning
- Planning is action oriented
- Respect for the person and his or her desires is paramount

Personal Futures Planning:

This ongoing planning process convenes a group of people most familiar with the person with a disability, known as a “circle of friends.” They:

1. develop a comprehensive picture of the person;
2. develop a plan with the person based on information from the group; and
3. identify a smaller group of committed individuals to assist the person in carrying out their plan. PFP focuses on the person’s capabilities and builds on them, rather than focusing on what the person cannot do.

Essential Lifestyle Planning:

This planning process focuses on gathering information about the person’s core values and preferences — relying on the person, their parents, and others who know them best. This group of people helps the person identify and prioritize their likes and dislikes in three categories: non-negotiables, strong preferences, and highly desirables as they relate to the person’s life and needed support. Then the group discusses several key things:

1. People who really know and care about the person say...
2. To be successful in supporting the person...
3. The person’s reputation says...
4. If this is going to happen we must...

The resulting plan provides the basis for future supports and services.

New Hats:

This is an imaginative planning process (using specific decks of cards) designed especially for parents. It focuses on parents’ feelings and perceptions of their sons and daughters and assists them to move forward in pursuit of independence. “Hats” is a synonym for roles. Each person wears different “hats” at various times in their lives. Trying on a “new hat” is like trying out a new role or responsibility. Identifying the person’s dreams leads to goals and then plans for the future, no matter what the age of the child. The process is also used to assist adults to plan for themselves.