



Expectations Matter – “My Life, My Plan, My Choice” *Shared Support Maryland, Inc.*

Location: Statewide

Funding: \$150,000 | \$50,000 match

GOAL

Increase the number of people with developmental disabilities and family members who are actively involved in planning what they want and need to have a good life.

SUMMARY

Each person who receives services from the Developmental Disabilities Administration (DDA) has a Person-Centered Plan (PCP). The PCP is a written plan of all the services and supports the person wants and needs. DDA has developed a new PCP process. Service providers and Coordinators of Community Services were trained to use it. People with developmental disabilities and their families have not been trained. This project will focus on them.

People with developmental disabilities and their family members must be involved in their own planning. They should guide the planning as much as possible. Each person’s plan should include what is important to them. This can only happen if they understand the PCP process and planning tools.

This is a two-year project. It will inform, train, and support people all over Maryland to understand and be involved in their PCP.

ACTIVITIES

- Form an Advisory Group. The group will help:
 - find training participants,
 - provide advice about what should be covered in the training, and
 - follow the project to see if it is making progress.

- Develop two PCP trainings. One training will be 1 hour long the other 2 hours.
- Develop an easy-to-read PCP guide. This can be used with the training or by itself.
- Develop a trainer's guide that prepares people to provide the PCP training.
- Train people to be trainers. This could include people with developmental disabilities, family members, service providers, DDA staff, and others.
- Conduct 28 training sessions on the new PCP process. This includes 10-15 sessions to prepare the trainers.
- Provide the training materials to anyone who wants them after the project ends.

OUTCOMES

- People with developmental disabilities in Maryland have a better understanding of person-centered planning. They use the process to create plans that focus on what they think is important.
- Family members in Maryland have a better understanding of person-centered planning. They help their loved ones create plans that focus on what they think is important.
- Individuals and organizations around the state have the knowledge and skills to provide PCP training. They continue to provide training to increase the number of people active in their own person-centered planning.