



# What is Person Centered Planning?

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Person Centered Planning is about CHOICE. It is a way of life, a philosophy, and a thinking process. It's about supporting individuals to make their own choices throughout the planning process! It focuses on finding new possibilities for each person striving to improve quality of life, emphasizing dreams, desires and meaningful experiences.

The law says individuals with intellectual and developmental disabilities (I/DD) will be provided support to be independent and productive as a member in their community while living where they are safe, healthy and know what to expect. Information will be provided to individuals in plain language so they can understand information to make decisions on their own choices. In California, we have the regional center system to help provide the support.

## Key points in Person Centered Planning Process

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- Choice
- Empowerment
- Support not Control
- Individualized yet a team approach of support – sometimes called a “Circle of Support”
- Personal Profile
- It's a process
- Value
- Thinking Outside the Box
- Respect