



Section 3: Facilitated person-centered planning

Section overview

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Why facilitated person-centered planning is useful

Facilitated person-centered planning helps you and others talk about your strengths and dreams. It is different from your IEP, which guides your education. A facilitated person-centered plan will not replace your IEP or any other planning process you use to receive services after you transition from school. However, a facilitated person-centered plan can provide new information and help your family participate more effectively.



Your facilitated person-centered plan:

- Provides a way for your family and friends, teachers and others to think about you and how they can best support you;
- Fosters positive working relationships between you and your family and others on your IEP team;
- Improves assessment and planning activities for both school and adult services;
- Provides direction for your school and adult services to help you meet your work and life goals after high school;
- Identifies natural community connections and supports to help you reach your goals.

A strengths-based approach

Now let's talk about how the person-centered planning process works. A trained facilitator uses structured exercises to collect information about your strengths, preferences and community opportunities. This helps create ideas about what works for you. It results in a "snapshot" of who you are with possibilities for your future, action steps and responsibilities.

The meeting usually includes family members, close friends and others that care about you. Family members and others can talk about your strengths, interests and opportunities. Teachers, specialists, VR counselors, service coordinators or personal agents and others can contribute resources and creative ways to meet your goals.

Meetings generally take no longer than two hours and can be in your home or any other comfortable meeting space. Facilitators often use poster paper on the walls to record information with words and pictures. Later, this information becomes a printable document for you to take with you to IEP and other planning meetings. Your plan will summarize:

- Your gifts and strengths;
- What works and doesn't work for you;
- What is important to and for you;



- Your interests, connections and dreams;
- Next steps to help you get where you want to go;
- The people, programs and agencies that can help you get there.

Requesting a facilitated person-centered plan

Tell your teacher if you would like to schedule a facilitated person-centered plan. He or she may be able to connect you with a trained facilitator. You may also contact the Oregon Council on Developmental Disabilities at **503-945-9941** or **1-800-292-4154**, or FACT Oregon at **503-786-6082** or **1-888-988-3228** to find a local trained facilitator.

The one-page profile

A one-page profile captures your strengths and the supports you need to be at your best. Although the profile is not required, you will benefit from being able to present your strengths and gifts to others. Your facilitated person-centered plan can provide information for your one-page profile.

You can use a one-page profile in the following ways:

- To share information about you with people you know and people meeting you for the first time – like new teachers, new members of your planning team or potential employers;
- As a cover page for your IEP;
- As a resource about you that can be adapted to school settings, community activities or work experience;
- As a discussion tool about what is working and not working for you and how to best support you.

There are three sections in a one-page profile:

- What people appreciate about you – your personality, your gifts and talents;
- What is most important to you in your own words;
- How to support you to be your best.

Resources

[The Emergence of Person Centered Planning as Evidence Based Practice \(2007\)](http://www.helensandersonassociates.co.uk/media/25609/research_person_centred_planning.pdf)

www.helensandersonassociates.co.uk/media/25609/research_person_centred_planning.pdf

[The Oregon Council on Developmental Disabilities](http://www.ocdd.org/)

www.ocdd.org/

[FACT Oregon](http://factoregon.org)

<http://factoregon.org>

[Sample person-centered plans and templates, FACT Oregon](http://factoregon.org/resources/person-centered-plan-samples)

<http://factoregon.org/resources/person-centered-plan-samples>

[Why every child needs a one-page profile](http://www.personalisingeducation.org/wp-content/uploads/2012/09/Why-every-child-needs-a-one-page.pdf)

www.personalisingeducation.org/wp-content/uploads/2012/09/Why-every-child-needs-a-one-page.pdf

[Sample one page profiles, templates and tips for developing one page profiles, The Learning Community for Person-Centered Practices](http://www.learningcommunity.us/onepageprofiles.htm)

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