

## 2. What is person-centered planning?



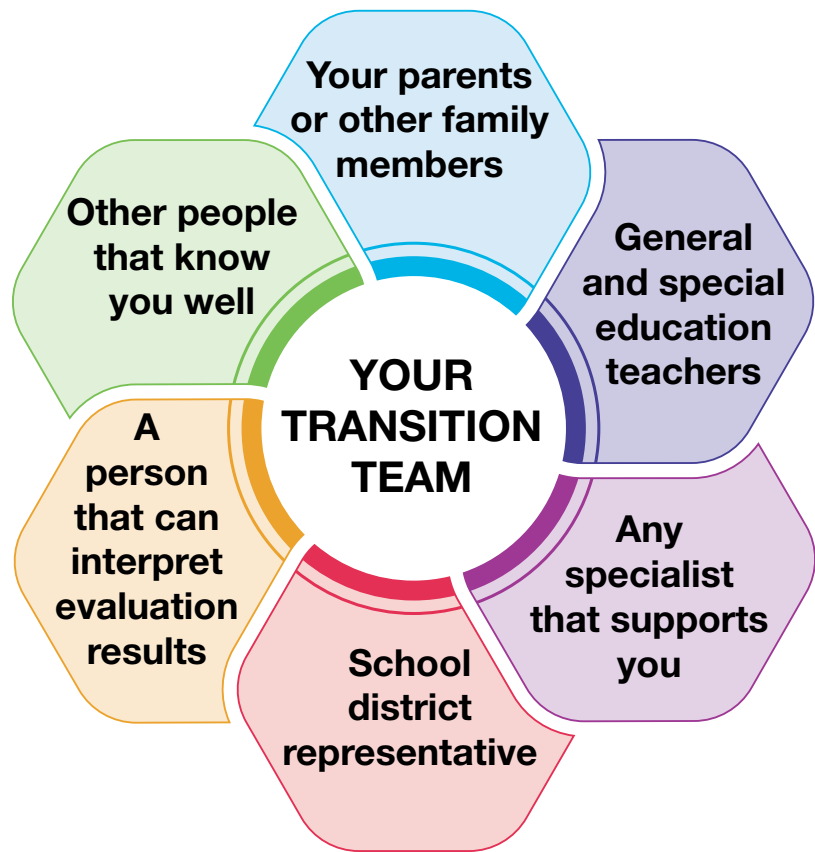
### Person-centered planning

The best plans start with what we are good at and build from there. Person-centered planning is one strategy to help you do that. This section describes three person-centered planning strategies for sharing information with your transition team:

- The one-page profile
- Student-led individual education plans or IEPs, and
- The person-centered plan.

### Your transition team

Your transition team meets at least once per year to support you during this transition in your life. When you meet, you will identify your goals for what you want to learn in school, what experiences you want to have, and what supports will help you succeed. This information goes in your transition plan, which is part of your IEP. You are the most important member of your team — after all, it's your life!





### **What is my role?**

You get to lead if you want to! Or you can choose to participate but not lead. Your role is to share what you care about, your vision and goals for a good life, your strengths and what helps you succeed.



### **What is my family's role?**

Your family's role is to support you during the planning process, help you access experiences and supports to reach your goals and help you to participate in or lead your IEP meetings.

## **One-page profile**

A one-page profile is a great way to help people get to know you. It highlights your strengths and briefly shares your vision for the future. It also helps people understand how they can help you succeed. To create a one-page profile, complete the template on the next page or create your own. We've included additional resources and links to templates and examples on page 64.

**What people like and admire about me.** Write about your strengths, talents and skills. Ask your family or others who know you well for input.

**What's important to me.** Include the things you care about the most such as people, places, interests, hobbies and routines.

**How best to support me.** List specific kinds of support that help you have a great day. These are the things that help you feel successful.



# My One-page Profile

**What people like and admire about me**

**What's important to me**

**How best to support me**

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## Student-led IEPs

You can make sure your plan is based on what you want for yourself – not what others want for you – when you participate in your IEP meetings. Your family and your team can help you participate in ways you choose. The graphic below shows some ideas about how you can participate. Where would you like to start ?

Set a goal and track it with help from your family or teachers.

Share your progress on the goal at an IEP meeting in person or by video.

Share what you are good at, what's hard for you and what helps you in person or by video.

With preparation, respond to questions from your team.

With support, share progress on your goals, why you need your goals, how you feel about them and any data that shows your progress.

Talk about supports that help you in the classroom.

Suggest changes to your IEP.

With or without support, explain how goals help you and how you are working on them.

Invite team members to your IEP meeting.

Lead parts of your meeting.

Give more input on your classroom performance, goals and supports you need.

Talk about data that shows your past performance and progress on goals.

Facilitate all or some of your IEP meetings.

## A person-centered plan

Another way to share important information about you is with a person-centered plan. Facilitated person-centered planning meetings generally take up to two hours and can be in your home or elsewhere.

- You invite your friends, family, teachers and others that care about you to participate.
- A trained facilitator uses structured exercises to collect information about you.
- Participants talk about your strengths, interests, possibilities and creative ideas to meet your goals.
- The facilitator records the information with words and pictures and compiles it into a printable document that you can bring to your transition planning meetings.



Anyone can ask for a person-centered plan. Tell your teacher you would like to schedule a facilitated person-centered planning meeting. He or she may be able to connect you with a trained facilitator.



## Start Worksheet Questions: Mapping My Transition Planning Resources

### **Technology**

How am I using technology now?

What technology can help me be more independent?

### **Personal strengths and resources**

What am I great at?

What helps me have a good day?

What are my favorite things to do?

What skills am I learning at school?

### **Community resources**

Where do I like to hang out in my community?

When and where am I most comfortable?

What transportation do I use to get around my community?

What makes me feel like a valued member of my community?

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### **Personal strengths and resources**

What classes or subjects do I like?  
What might help me participate in or lead my IEP meetings?  
Do I ask my teachers questions and make my wishes and opinions clear?  
Do I know what to do if I need support or help at school and they won't give it to me?

### **Relationships**

Who are the most important people in my life?  
Who makes me feel supported?  
When do I feel included?  
How do I show others that I love and support them?  
Who do I enjoy spending time with?  
Who knows the story of my life?

### **Services I may be able to receive**

What services am I eligible for now?  
What services might I be eligible for in the future?



## Star Worksheet: Mapping my Transition Planning Resources

Write your goal in the center of the star. You are the expert on your life! Make a list of all the resources and assets you bring to transition planning meetings. See page 6 for questions and resources to get you started.

