

## SELF-DIRECTED SUPPORTS

### Person-Centered Planning

Person-Centered Planning is a group planning process used to help people with disabilities create a foundation for their future. Plans build on the person's strengths, experiences and dreams. This process is **optional, but highly recommended**. An independent plan writer could help you with this. To begin, gather a few people who know you well and consider the following:

- ◆ **What are my interests, strengths, preferences, health and safety needs?**
- ◆ **What do I want my life at home and in the community to include?**
  - Be sure to consider:*
    - ◇ *home life*
    - ◇ *employment*
    - ◇ *further education and training*
    - ◇ *recreation*
    - ◇ *volunteerism*
    - ◇ *transportation*
    - ◇ *other community activities*
- ◆ **What opportunities in my community match my interests and goals?** Which specific opportunities will I pursue? How? What will a typical week look like?
- ◆ **What supports do I need to live the life of my choice?**
  - ◇ *What can I do myself?*
  - ◇ *How can friends and family help?*
  - ◇ *What are my opportunities in the community – library, community college, faith communities, clubs, civic associations, etc.?*
- ◆ **What support can I get through other agencies?** Office of Rehabilitation Services (ORS), NetWORK RI, RIPTA, RIdE (paratransit), etc.
- ◆ **What supports will I need to be funded through DDD?**