

Person-Centered Planning: Individualized Transition Planning

What is Person-Centered Planning?



Life planning is a guided process that assists people in identifying the steps to make their dreams a reality.

Person-centered planning (PCP) can be a very helpful process for young adults who are transitioning from school to adult life.

Youth and the important people in his or her life get together to explore and craft a vision for the future based on the individual's strengths, interests, and preferences, as well as health and safety concerns.

There is an unmistakable link between PCP and transition planning as part of the IEP process if transition planning is carried out in the manner as intended by current legislation of IDEA.



PCP is Not:



- ✗ an attempt to “fix” the person
- ✗ a “behavior plan”
- ✗ a standardized process
- ✗ dwelling on reputations or labels

Person-Centered Planning IS:



- ✓ a way to organize information & in plain language
- ✓ planning toward a desired future
- ✓ giving respect for choices
- ✓ promoting valued roles
- ✓ positive, respectful & culturally sensitive
- ✓ capacity focused
- ✓ an accurate picture
- ✓ action-oriented (plan-do-evaluate)
- ✓ useful for life changing events
- ✓ a community/team building tool

Strategies for Success:

- Start Early!
- Collaborate & coordinate across systems – have everyone at the table
- Active participation by all members: youth, family members and providers
- Utilize resources & support – informal & paid, local & national

Principles & Values



Person-centered planning intentionally moves from an approach geared towards fixing or solving problems, to one focused on:

- providing opportunities
- avenues for self-actualization
- personal freedom
- meaningful interdependence
- community involvement

At the core of PCP is the belief that all people have the right and responsibility to exercise freedom of choice in their own lives.

Ultimately, PCP is adhering to a set of principles that value self-determination, personal dignity, inclusion and family support.

Resources

A Person-Centered Arizona – resource website, includes “Person-Centered Planning: Pathways to Your Future – A toolkit for anyone interested in Person-Centered Planning” available in English and Spanish
<http://person-centeredaz.org>

Parent Brief, Person Centered Planning: a Tool for Transition
<http://www.ncset.org/publications/viewdesc.asp?id=1431>

The Learning Community for Person Centered Planning
<http://www.learningcommunity.us>

Person Centered Practices: Actions that Reflect Values
<http://personcenteredpractices.org>

National Collaborative on Workforce and Disability for Youth (NCWD/Y)
<http://www.ncwd-youth.info>

National Center on Secondary Education and Transition (NCSET) www.ncset.org

PACER Center
<http://www.pacer.org>

At its best, the PCP process can strengthen the transition to post-school activities by:

- Enhancing the quality of assessment and planning activities for both high school transition services and adult service agencies serving youth with disabilities
- Fostering positive working relationships between families and professionals
- Providing a way for educators and case managers from other agencies to better coordinate their services
- Connecting families to adult service agencies before a student leaves high school
- Helping ensure that services support the youth’s goals and lead to successful outcomes
- Helping identify and cultivate natural supports in the community

References

Arizona Department of Education, Exception Student Services (2012). *Individualized Education Programs: Processes and Procedures for Developing IEPs for Students with Disabilities*.

Employment and Disability Institute (2015). Course 7: Transition Planning. *Person Centered Planning Education Site*. Cornell University, School of Industrial Relations.

Individuals With Disabilities Education Act, Pub. L. 94-142 as amended, 20 U.S.C. § 1400 et seq. (2007).

Kocher-Bryant C. & Greene, G. (2009). *Pathways to successful transition for youth with disabilities: A developmental process (2nd ed.)*. Upper Saddle River: NJ.

National Center on Secondary Education and Transition (NCSET) & PACER Center. (2004). *Person Centered Planning: a Tool for Transition. Parent Brief*.

National Collaborative on Workforce and Disability for Youth (2010). *Understanding the Role of Individual Learning Plans in Transition Planning for Youth with Disabilities. InfoBrief, 26*.



Sonoran University Center for Excellence in Disabilities

<http://sonoranucedd.fcm.arizona.edu>