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## What Is Person Centered Planning?

Person Centered Planning (PCP) is a process by which your Individualized Plan of Services is developed. This process ensures you make the decision on the services you want and need, within the array of services you are eligible to receive.

Person Centered Planning assists you in planning your future, and the best way to achieve your hopes and dreams. We all have hopes and dreams for the future. Some dreams we can work towards on our own or we may need support from others. Person Centered Planning is a way of talking about and planning your future. It is about your strengths, not your weaknesses. It is about building relationships and being involved with your family, friends and the community. It is about your choices. It is about YOU!

Some choices may include where to live, who to live with, where to work and who to have for friends. You have choices about what to do for fun and what to do in the years ahead. It is all about your future!

PCP is an ongoing process, and changes can be made as new opportunities and challenges arise.

## Your Role in Planning Your Future

- You are the focus of the planning meeting.
- You choose who is invited to the meeting and who will run the meeting.
- You choose a meeting time and location convenient for everyone invited.
- You choose what you do and don't want to talk about at the meeting.
- You and your family, guardian, friends and/or significant other will decide who will help you to achieve your goals.

## How Do I Get Started?

To begin the planning process, a Community Mental Health worker will want to get to know you. You will need to think about some things ahead of time, such as:

- What are your hopes and dreams for the future?
- How do you want to spend time each day?
- Who would you like to spend time with?
- What are some things you would like to learn?
- What new things would you like to do?
- What are some great things you want people to know about you?
- What do you think will get in the way?
- What support do you need right now and in the future?

## What Your Planning Meeting Will Be Like

The people you want involved will help you to develop a plan for achieving your goals. The meeting may begin with everyone introducing themselves and sharing why they are at your meeting. You will share your hopes and dreams for the future. Your support group will also share their dreams for you. This way, everyone will get to know you better and help you with your Person Centered Plan.

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