

A PEATC

Do You Know....



Fact Sheet for Parents Transition Guide: Person-Centered Planning

Begin with the End in Mind

It's never too soon to start planning with your child for their future. When your child is in middle school, this may seem far away and you are focused on today. But those middle and high school years will pass quickly and soon your child will be an adult. While planning is important for all students, it is even more important for students with disabilities who may face more challenges than their peers without disabilities.

Children with disabilities have the same hopes and dreams about what their lives will look like after high school. To help them achieve their goals, you have to begin with the **end in mind**. What do they want to do after high school and how will they get there?

Remember, your child's vision may be different than yours. It's important to be open to their dreams, as you provide guidance and support.

Setting a Vision

The vision for your child's future should be realistic but not limited by the disability. Think creatively. If your child wants to be a doctor, but you don't think that is realistic, find out what they like about the job and think about what they are good at. Maybe, they really want to wear a white coat or is interested in work in a lab setting. Explore, Explore, Explore! A way to do this is through the **Person-Centered Planning (PCP) process**.

Person-Centered Planning (PCP)

Person Centered Planning is about your child's choices and dreams for the future and creating an action plan through a team process for them to achieve their goals. The PCP Team talks about

- ✓ your child's history and current life situation,
- ✓ their visions and dreams for the future,
- ✓ the challenges and opportunities that exist,
- ✓ what action steps are needed, and
- ✓ the services and supports your child needs to achieve the plan.

**ALWAYS REMEMBER THAT THE STUDENT IS THE FOCUS OF PCP
AND THEIR INPUT IS IMPORTANT.**

Question to Ask During a Person-Centered Planning Meeting

- Does your child want to go to college or trade school?
- Do they want to get a job?
- Where do they want to live and with whom?
- What do they like to do for fun?
- How will they get places?
- How will they stay healthy?
- What income or resources will they rely on?
- What kind of supports will they need to be as independent as possible?

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Hablamos Español

Fact Sheet for Parents

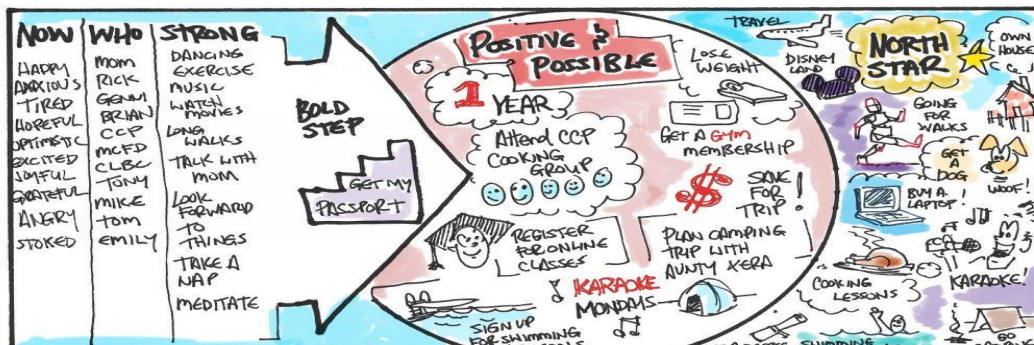
What does a Person-Centered Plans (PCP) look like?

There are many ways to develop a PCP. Three common formats are described below. These are the One-Pager, the PATH, and the MAP.

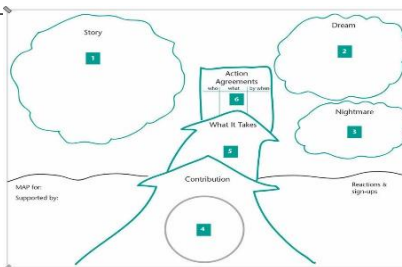
The One Pager was developed by Virginia's **I'm Determined Project**. The student shares things that they like or like to do; their strengths and attributes; their vision and goals; and what works or doesn't work for them.

<p>DENNIS HS FRESHMAN</p> <ul style="list-style-type: none"> I love the Seahawks and the Ducks Athletic - I have done 3 triathlons and play golf Volunteer at Snow Cap I love hard rock! 	<p>STRENGTHS / ATTRIBUTES</p> <ul style="list-style-type: none"> Contributor - I like to help Sense of humor Empathetic, a good friend Very physical <p>I am a learner! Teach me and I will learn!</p> 	<p>VISION AND GOALS</p> <ul style="list-style-type: none"> I will graduate with a modified diploma I will get a job at my uncle's car shop I will have a house and a roommate I will keep active <p>I want a whole life!</p> 	<p>WHAT WORKS</p> <ul style="list-style-type: none"> Treat me like I'm 15! Peer/group learning Breathe through stuttering Clear instructions Movement breaks <p>WHAT DOESN'T</p> <ul style="list-style-type: none"> Gluten / Dairy / Soy Talking over me No sensory breaks Low expectations Rushing me
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PATH stands for **Planning Alternative Tomorrows with Hope**. It is a creative, graphical way to develop a PCP that helps everyone be involved in the process, especially the student. A PATH looks at what's happening now; what the student needs; what steps need to be taken, what are the student's positive traits; what is their vision and goals; and who can help them achieve that plan. This process is usually led by two people not on the team, one who asks questions and one who draws the PATH.



Using a MAP is about finding out the student's background story, their dreams and nightmares, their gifts and talents, and then developing action steps to get to the student's goals for the future. A visual map is created to show the way to get to the student's end goal.



Who is on a Person-Centered Planning Team?

Your child's PCP team is anyone that you and your child want it to be. Your child is the most important member of the team. Here are some ideas on who might be part of your team besides **YOU** and your child.

- Teachers,
- Therapists and other providers,
- A vocational rehabilitation counselor,
- Neighbors or friends,
- An employer or job coach,
- Anyone that knows your child who you would like to be a part of planning and helping your child build their future.

A Person-Centered Plan is a living breathing document. It will change as your child's needs change or as they change their mind about what they see as their future. Flexibility is important and the plan should be updated regularly.

PEATC's mission focuses on building positive futures for Virginia's children by working collaboratively with families, schools, and communities to improve opportunities for excellence in education and success in school and community life.



The contents of this factsheet were developed under a grant from the US Department of Education, #H235F200001. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government Project Officer. PEATC is not a legal services agency and cannot provide legal advice or legal representation. Any information contained in this training is not intended as legal advice and should not be used as a substitution for legal advice.

