

GUIDE TO DEVELOPING YOUR PERSON-CENTERED PLAN (PCP)

Your Person-Centered Plan (PCP) is the heart of the Self-Determination Program (SDP). It's a personalized plan that focuses on your life goals, dreams, and needs. Creating a strong PCP ensures that the services you receive help you live the life you want. This quick guide will help you understand how to develop your PCP.



WHAT IS A PERSON-CENTERED PLAN (PCP)?

A Person-Centered Plan (PCP) is a plan that reflects your life goals, your strengths, preferences, and needs. It's not just a list of services—it's a roadmap for your future, showing how to achieve your dreams with the support you need.

WHY IS A PCP IMPORTANT?

Your PCP helps you:

- **Identify Your Goals:** What do you want your life to look like? Do you want to work, learn new skills, or be more independent?
- **Plan for Services:** What services will help you achieve your goals?
- **Control Your Budget:** Your PCP directly influences the services offered to you by your Regional Center. These services then help determine your budget—these are the funds that you will have control over to customize your own services, based on what matters most to you.

STEPS TO DEVELOP YOUR PERSON-CENTERED PLAN

Here's how to get started:

1. Identify Your Life Goals

Think about your dreams and what a meaningful life looks like for you:

- What do you want to accomplish in the next few years?
- Do you want to live more independently?
- Do you have personal or professional goals, like finding a job or making new friends?
- What activities make you happy and fulfilled?

Your goals are designed to help you reach your dreams, like getting your dream job, learning new skills, be part of more social activities, or how you spend your time—like traveling or visiting family.

2. Determine the Supports You Need

Once you've identified your goals, think about the services that will help you achieve them. This could include:

- **Daily Living Support:** Help with personal care, transportation, or household tasks.
- **Skill-Building Programs:** Job training, education, or therapy to build independence.
- **Community Involvement:** Social or recreational activities to help you connect with others.

3. Consider Your Challenges

A good PCP will also address any challenges or obstacles you might face. These could be physical, emotional, or other reasons that make it hard to get services. Plan how you'll overcome these challenges with the right support.

WHAT HAPPENS AFTER YOU DEVELOP YOUR PCP?

After your PCP is complete:

- Work with your team to create a Spending Plan that reflects your PCP goals.
- Link Your PCP to Your Spending Plan: Your PCP is connected to your Spending Plan, which is a budget that outlines how you'll use your SDP funds. Every goal in your PCP should be matched with a service, support, or item in your Spending Plan.
- Start using your SDP funds to access the services and supports outlined in your plan.

MAKING THE PLAN ACTIONABLE

Once your PCP is written, it's time to put it into action. Here's how:

1. Find the Staff and Service Providers: Find the people or organizations that can help you reach your goals.
2. Stay Flexible: Your PCP is a living document that can change as your life or goals change. Regularly review and update your PCP to reflect new goals or challenges.

4. Incorporate Cultural and Personal Values

You don't have to create your PCP alone. Involve trusted people in your life, such as:

- Family and Friends
- Independent Facilitator (IF): An IF helps you develop a plan that fits your goals and values.
- Service Coordinator: Your Regional Center Service Coordinator can help identify services and resources.

TIPS FOR DEVELOPING A STRONG PCP

- Dream Big: Don't limit your goals to services you know about. Think about what you truly want and explore creative ways to achieve it using your SDP funds.
- Involve Your Community: Build a support network of people who know you and understand your goals.
- Be Specific: Make sure your goals are clear and detailed. For example, instead of saying "I want to be more independent," say "I want to learn to cook my own meals by taking a cooking class."
- Focus on Outcomes: What will success look like for you? Make sure your PCP outlines the steps to get there.

YOUR PCP IS YOUR PATH TO INDEPENDENCE

Developing your Person-Centered Plan is an important step in taking control of your life. With the right support in place, you can create a plan that reflects your goals, values, and dreams.

Whether your focus is on independence, community participation, or personal growth, your PCP will guide you toward a meaningful and fulfilling life.

Talk to your Regional Center Service Coordinator to get started today!

