

**Welcome to the
Green Mountain Self-Advocates
Person Centered Planning Training: What is a
Good Life and Building a Circle of Support**

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**What This Training Is
About: What is a Good
Life and Building a Circle
of Support**

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What is a “Good Life?”



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A Person Centered Plan Should Always Start With the Big Picture

Different people call this
different things:

- “The Dream, The Vision”
- “The Good Life”

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Video link: A Good Life –
Having a Goal and Following Your Dreams

<https://youtu.be/WG4eHqROG4k>

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Things That Are Part of a Good Life



1. Making your own decisions
2. Having your own home
3. Staying healthy and safe
4. Being close to your family (if you want to)

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Things That Are Part of a Good Life



5. Friends
6. Having a job or career that you like
7. Being part of your community
8. Having the help you need to tell people what you think

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So, what is a “Good Life” for YOU?



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Things To Think About #1

Person Centered Planning is about sharing the dreams you want to happen in your life.

- A Person Centered Planning session is a chance to dream about what you want to happen in your life.
- It is also a chance to get other people to help you reach your goals and dreams.

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Break Out Room Session #1 (12 min):
(Please remember that what happens in the breakout room stays in the breakout room. Please respect your colleagues' privacy).

In this breakout room, we want you to share and describe the picture you drew of your perfect day. You can share it by holding it up to your webcam.



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What is a Circle of Support?

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Why is it Important to Have Additional People Come to the Person Centered Planning Meeting?



- If only paid professionals are at your meeting, the focus will be on how they give you services. BUT our lives are more than just what we do when we have staff with us.
- A Person-Centered Plan is about your whole life.
- When you invite other people, you will have more people who understand you and what a good life means to you. You will increase the number of people who support you having a good life.

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Your Circle of Support



<https://youtu.be/v40bmbOq1yM>

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How Are Bigger Groups Helpful?

Bigger groups are helpful for three reasons:



First, a bigger group is more likely to know about opportunities that are available outside of what an agency does..



Second, a bigger group of people has more ideas, money, time, and other things that can help YOU.



Third, a bigger group of people is more likely to be part of groups in the community where YOU can show what you are good at. Connect you to places where you can make difference.

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People to Think About Inviting to the Person Centered Plan



Other family members, grandparents, family like your parents, brothers and sisters, and friends.



Past teachers, former staff people, next door neighbors, former workers.



Religious and Church members, community groups, banker.

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Who Do You Know?



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Things To Think

About #2

Person Centered Planning helps people start new relationships and help old ones grow stronger.

Paid services and supports sometimes make it hard to keep relationships that are important to us. They can make it hard to start new relationships.

Family members, extended family members, neighbors, schoolmates, co-workers and other people we know help us get the things we need in life.

Think about people in your life you trust. Decide if you want them in your circle.

Some people may need help to start new relationships and keep them growing strong.

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Break Out Room Session #2 (10 minutes):

**During this second break out room...
Think about someone you trust. Someone you would like to help you with your goals and dreams.**

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Who Should Send the Invitation to the Additional People Who Will Be Invited to the Person-Centered Planning Session?



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Homework

Make an invitation that you could use to invite people to your own Person Centered Plan. You will share your invitation in next week's breakout session.



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**Emma requests your presence at her
Person Centered Planning Meeting**

The purpose of this meeting is to share
about strengths, needs, hopes and dreams and to come up with some plans
that will support Emma in moving towards her preferred life now and in the future.

June 8, 2021
5:30 PM – 7:30 PM
Papillon Landing – 1046 W Lincoln Street
Community Meeting Room

Please RSVP by texting or calling 719-251-6935

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