



Welcome to the Green Mountain Self-Advocates Person Centered Training: Make a Plan and Own Your Plan

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1



What This Training is About: Make a Plan and Own Your Plan

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2



Get Ready: Dreams and Goals

Dreams are something you create in your mind that can take any shape or form, while **goals** are based on taking action. With **goals**, a lot of focus and attention is needed.

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3

Dreams vs Goals: The Differences that Matter

From: <https://www.uopeople.edu/blog/dreams-vs-goals-the-differences-that-matter/>



1. Goals are something you are acting on.



2. Goals have deadlines.



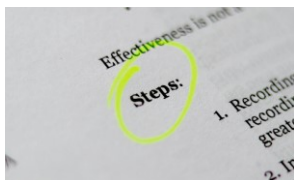
3. There is a price for goals, and they take hard work.

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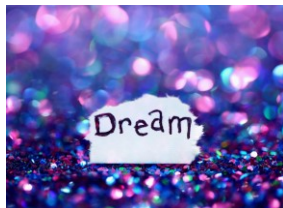
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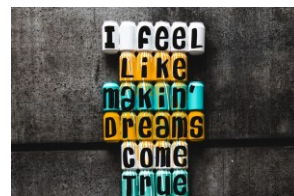
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4. Goals can be broken down into smaller steps.



5. Dreams stretch your imagination.



6. Dreams can inspire you.

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5

Dream or Goal?

| | | |
|----------------------|-------------------------------|-----------------|
| Getting a new job | Getting your driver's license | Having a garden |
| Owning a house | Becoming a DJ | Losing 5 pounds |
| Learning how to cook | Owning your own business | Going to Italy |

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6



Student Uses MyLife to Self-Direct a Final IEP Meeting

<https://cognitopia.com/2018/07/31/empowering-students-to-participate-in-their-own-iep-meetings/>

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7

Things to Think

About #1

**You are the expert
on your life.**

Friends and family have things that they think will help you have a good life. They want you to be safe. They want you to be healthy. They want you to have a good place to live. They want you to have the money you need. But...

You are the expert on your life. You can have your own ideas about what a good life means to you.

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8

**Break Out Room Session #1 (15 min):
(Please remember that what happens in the
breakout room stays in the breakout room.
Please respect everyone's privacy).**

During this first break out room...
Share the list of people you made that would invite to
your Person Centered Planning Meeting. Talk about **why**
they would be good to have at your meeting.

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9



Let's Meet

Make sure you have
everything you need get
started!

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10

What to Do at the PCP Meeting #1



1. Make sure things are ready to go before people show up for the meeting
 - If you have refreshments, have them ready so people can get them right away.
 - Make sure chairs are in a circle.
 - Make sure you can sit next to someone who you want to support you.

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11

What to Do at the PCP Meeting #2



2. Get your paperwork together
 - Have your handouts ready to go: the agenda, the ground rules, and your one-page profile, and nametags
 - Have three big sheets of paper on the wall and markers that won't hurt the wall
 - On the first paper write DREAMS
 - On the second paper write GOALS
 - On the third paper write STEPS

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12

What to Do at the PCP Meeting #3



3. Welcome Everyone!

- You open the meeting and tell people why they are there
- You ask people to introduce themselves
- You go over the agenda, so people know what to expect.
- You go over the ground rules. You tell the group that today the focus is on what is positive – no Debbie Downers or Devil's Advocates allowed!

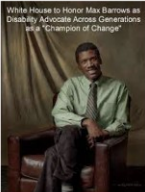
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13

What to Do at the PCP Meeting #4

I'm Max!

White House to Honor Max Barrows as Disability Advocate Across Generations and "Champion of Change"



What People Like and Admire about Me?

-

What's Important to Me?

-

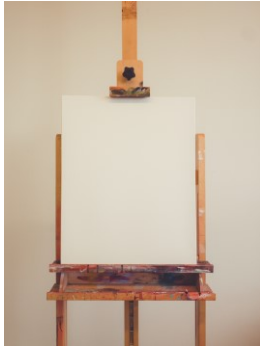
4. Review Your One-Page Profile

- Ask someone to help you go over your one page profile.
- Ask if there is anything people think you should add
- Tell people about your dreams and goals last

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14

What to Do at the PCP Meeting #5



5. You share your dreams and goals first
- Write your dream(s) on the DREAM paper
 - Ask if anyone has a dream for you to add: write it on the paper if you agree
 - Write your goals on the GOALS paper
 - Ask if anyone has a goal for you to add: write it on the paper if you agree

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15

Things to Think About #2

Talking about our dreams and goals is hard work.

Talking about our dreams and goals is hard work. Sometimes we are afraid that people will make fun of our dreams. Sometimes we have a really big dream that is hard to explain. Sometimes we are afraid that people won't listen to what we have to say.

Leading your meeting takes practice talking about your dreams and goals.

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16

Break Out Room Session 2 (15 min)

During this second break out room...

This is a role play to practice leading your meeting. Each person can say, "Hello, welcome to my meeting. Today we are going to talk about my dreams and goals. My biggest dream is: _____" When everyone has a turn, talk about each other's dreams.

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17

Homework

- Make a list of your dreams. You can write them down or draw pictures. You will share these next week and at your person centered meeting.



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18

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