

Living The Life You Choose

Preparing for my Person-Centered Planning Meeting



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INTRODUCTION

Letter from the Director

Dear Workbook Users,

The Division of Services for People with Disabilities (DSPD) provides support for people with disabilities to lead the lives they choose. If you are receiving DSPD services, this workbook will help prepare you for your yearly Person-Centered Support Plan (PCSP) meeting. This meeting is a time to talk about your strengths and challenges. You can talk about your goals and what is going well. It is a time to share what you want for your life. You can talk about who will help you reach your goals.

You can use this workbook any time you want to help you get ready for your next meeting.

This workbook was created with help from people with disabilities, self advocates, families, and others. It supports DSPD's desire for people with disabilities to lead lives they choose using person-centered planning. We at DSPD hope this workbook will help you think about and share your dreams with your support team. We hope that it will help you live the life you choose!

Best wishes,
Angella Pinna
Director, Division of Services for People with Disabilities

This workbook will walk you through all of the information you might need to prepare for your person-centered planning meeting. This information and the things you write in your workbook can help you plan for a great life!

The **main content goes from page 5 to page 21**. The **workbook elements start on page 22 through page 29**. You can follow the links to navigate from the content to the workbook and back.

There are also links which will take you to documents or websites outside of this workbook.

You can complete any, all, or none of the workbook elements. This is your book to prepare for your meeting so use it however you want. If you do any of the workbook sections, you can share them with your support team.

WHY DO MY CHOICES MATTER?

Life is a matter of choices,
and every choice you make makes you.
John C. Maxwell

Being human means being able to choose. Making choices is what people do. As an adult, some choices may be harder and have a bigger impact on your life. Choices such as where to live and what to do after you finish school are important. You may have practice making smaller choices, such as what to wear or eat. When planning for your life, however, you will be making big choices. Having a supportive team around you can help you as you make these decisions.

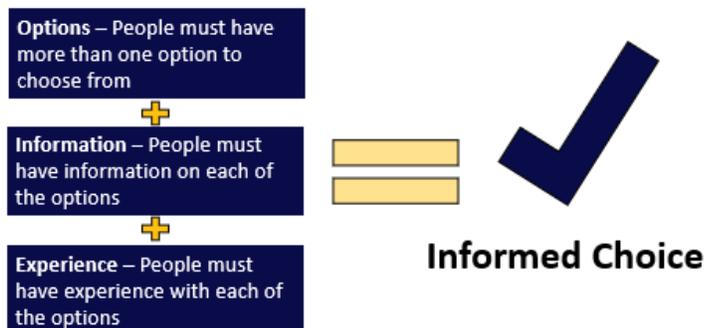
The choices you make in your person-centered plan should be focused on the things you want and need to be happy in life. These choices can range from what types of food you like to eat, to where and who you want to live with. You can also think about your goals and dreams and the choices that will move you closer to them. Don't be afraid to dream big!

Shoot for the moon!
Even if you miss, you'll land among the stars.

Choices Mean Options

Making a choice may mean looking at different options.

- You might need to visit a few different places to decide where you want to live.
- You might need to try a few different hobbies to see if you like any of them.
- You might need to research different businesses to see how you feel about working there.



That's all part of making an informed choice. An informed choice is when you have the information, options, and experiences to be able to know which choice you want. It's ok to try something and decide you don't like it and want to try something else. That is part of the process to make the best choice for you.

Choices Lead To Independence

The services you receive from DSPD are known as Home and Community-Based Services, or HCBS. These services must provide you opportunities to access and be part of your community. These opportunities are meant to give you choices and greater independence. They also fulfill your rights as a person. You'll learn more about your rights later.

Your support team and services are in place to help you in the decisions you make about your life. They aren't there to make the decisions for you. You always have the right to speak up and change your services to better fit what you want and need.

You Choose Your Community

Community means different things to different people. For instance, it could mean a place, like your job or neighborhood. It could also be somewhere online, like through social media or gaming. The community could also be people, such as those who live by you or work with you. It can include those who are interested in the same things you are, like books or movies.

Some questions you might want to ask yourself include:

- What does community mean to me?
- What community(s) do I want to be a part of?
- What do I enjoy doing with others?



The home and community-based services you receive from DSPD should help you:

- Actively participate in your community.
- Be in an environment that helps you feel good.
- Feel connected and engaged to your community.

Workbook Time:
[Go to the workbook section to answer questions about what community means to you.](#)



WHAT ARE MY RIGHTS?

Besides the right to make choices which we just discussed, all individuals have certain rights. Here is a list of some of those rights.

- The Right to Privacy: You can be alone if you want to. You can decide when and with whom to share spaces, conversations, and information.
- The Right to Dignity: You should feel good about yourself and be treated like someone of value and worth.
- The Right to Respect: You should be treated with kindness and consideration by others.
- The Right to Freedom from Coercion: You do not have to do things that you do not want to just because someone else told you to.
- The Right to Freedom from Restraint: You cannot be held against your will, including being physically held or stopped. You are also free from other types of restraints, such as not having access to food or personal items.

Knowing your rights is an important part of preparing for your person-centered planning meeting. When you know your rights, you know what you can expect for yourself. You will also know what to expect from others at the meeting and in the services they provide.



WHAT DOES “PERSON-CENTERED” MEAN?

You may be asking, “What does ‘person-centered’ mean? What is this person-centered planning meeting?”

One way to better understand what “person-centered” means is add your name to the title. If you add the word “planning” at the end of the title it could read, “John-centered planning” or “Jane-centered planning”. Thinking and planning in a person-centered way puts you at the center of decisions that lead to the life you want. You are the expert on your life; you control person-centered planning.

In your person-centered planning meeting, you will talk about your interests, abilities and goals. You and your team will also discuss the meaningful activities, supports and services you want. These are all included in a Person-Centered Support Plan, sometimes called a PCSP. Your PCSP is the written record of the decisions made at your person-centered planning meeting.

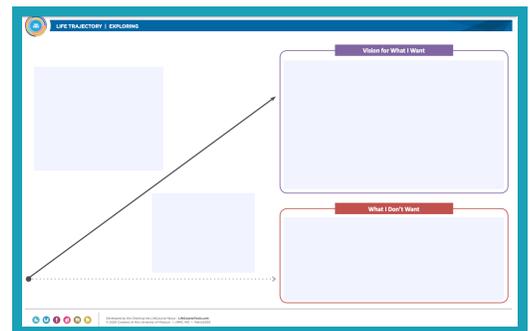
WHAT ARE PERSON-CENTERED PLANNING TOOLS?

Person-Centered Planning tools are like worksheets which help you as you decide what you want in your life now and in the future. They may ask questions as prompts for you to think about different aspects of your life. This can include your relationships, employment opportunities, and long-term goals. The tools can be used to communicate your needs or advocate for the supports you need to achieve your goals. You can use them in your PCP meeting to help you share your interests, goals, hopes and fears with your support team. One person-centered planning tool is the Trajectory for Exploring shown below. Other PCP tools will be found throughout the rest of this guide. On your own or with the help of someone you trust, you can fill out any of the tools before your Person-Centered Planning meeting. Think about how you will share the tool(s) with your support team at your meeting.

Try a Person-Centered Tool: Trajectory for Exploring

The Trajectory for Exploring tool visually guides you through exploring your goals. The tool is useful for anyone at any stage or age of life. The tool is helpful with planning short-term or long-term goals and can even be used for problem-solving.

This tool lets you explore the things going well in your life or the things that are stopping you from reaching your good life. These questions will help you fill out your Trajectory for Exploring.



You can access a blank version of the [Trajectory for Exploring](#) on DSPD’s website. You can learn how to use this tool on the [Person-Centered Planning page](#) of the DSPD website.

Workbook Time:
Click on [this link](#) to fill out a Trajectory
for Exploring
OR
[Go to the workbook section to answer
questions about what you
want for your life.](#)



WHAT IS MY PERSON-CENTERED PLANNING (PCP) MEETING?

Your Person-Centered Planning Meeting is all about you! Your decisions, interests, desires and dreams move the PCP meeting forward. You can take the meeting at your own pace. The notes from the meeting become your guide to living your best life. At the meeting you will work with your Person-Centered Support Team or PCST. These are people you have chosen who help you live your life and support you to achieve your dreams. You will talk about and plan the things in your life that are important **to** you and important **for** you. Working with your PCST you can make sure that the right services and supports are in place to help you succeed!

During your PCP meeting you will have the chance to talk about and make decisions about what a good life looks like for you. You will talk about the choices that will let you live that life. This workbook will go over all of the different parts of your PCP meeting so you know what to expect.



HOW CAN I PREPARE FOR MY PCP MEETING?

Remember, the entire meeting is for you! The purpose is to help you get the supports you need to live your best life. It is helpful, then, if you prepare before the meeting. This will help you think about the things that make a good life for you. You may want to use one or more of the

person-centered planning tools you have filled out as part of your preparation. These tools can help you create a vision of your good life that you can share with your support team. Then you and your team can create a support plan that meets your needs and goals.

Who Can I Invite To My Meeting?

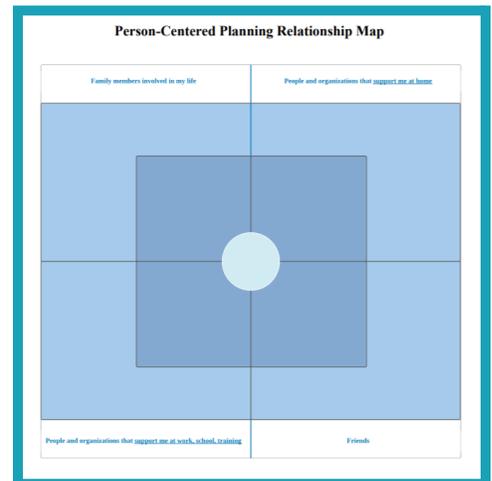
The people you include on your support team will help you at your planning meeting. The support they bring will help you to live your best life, make the decisions you want, and fill your life with the people and activities that you choose. They are also the people responsible for seeing that you can work on your goals.

- You can include family and friends.
- You should choose your support coordinator. Anyone you feel will help you make decisions about living your best life.
- Anyone you're close with in your life could be great to include on your support team.

Try a Person-Centered Tool: Relationship Map

The Relationship Map helps you think about the people in your life that can help you live your best life. These individuals typically include your family, friends, and your personal support network. With this tool, you can explore the people who support you and where you may need additional support. The Relationship Map looks at four groups of people in your life:

- Family
- Supports you receive at home
- Supports you receive at work or school
- Friends.

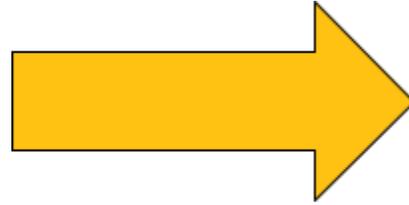


This is a great tool to complete before your PCP meeting. You might want to include people in your Relationship Map as part of your Person-Centered Support Team (PCST).

You can access a blank version of the tool [on DSPD's website](#) and access resources on how to use this tool on the [Person-Centered Planning page](#) of the DSPD website.

Workbook Time:
Click on [this link](#) to fill out a
Relationship Map
OR

[Go to the workbook section to answer questions about who you want at your person-centered planning meeting.](#)



How Do I Pick When and Where to Have My Meeting?

It is important for you to pick the place and time you want to have your person-centered planning meeting. It is important to pick a place you feel comfortable meeting.

Choose a time:

- When you are at your best. This means thinking about a time of day when you feel alert, comfortable, are able to understand the conversation and can communicate your desires.
- When your entire support team can attend.

Choose a place:

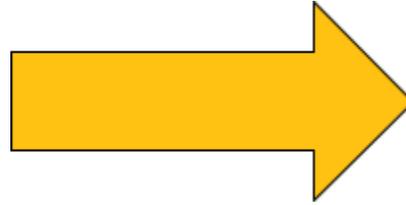
- Where you are comfortable.
- Where private information can be shared.
- Where everyone you choose can attend.

Other things to think about:

- Do you want to lead all or part of the meeting?
 - If yes, what can you or others prepare to make sure you are able to lead?
 - If no, communicate with your support coordinator who you would like to lead the meeting and how to lead.
- How long would you like your meeting to be?
 - Would you rather schedule one meeting, or a few shorter meetings?
- Be prepared to share what is important to you, your strengths, areas of life where you need support, and anything else you want.
- Ask your support coordinator for help. They can support you to prepare and make sure the meeting happens the way you want.



Workbook Time:
Go to the workbook section to answer questions about the time and place for your meeting.
Decide how much you want to participate in leading the meeting.



What are My Strengths and Abilities?

Everyone has different things they are good at doing. Sharing these things with your support team can help them know your strengths. Sharing your strengths and abilities is an important step in choosing your goals and deciding where you do or don't need supports.

- What are some great things about you?
- What do you like about yourself?
- What are some things that you are good at?
- What are the things other people say they like about you?
- What are some things you know how to do?



Try a Person-Centered Planning Tool: One Page Profile

The One Page Profile tool allows you to capture basic information about yourself to share with those who support you. Being able to quickly share your abilities, goals, and interests is useful when meeting new people or visiting new places. Another benefit of the tool is being able to quickly share how others can best support you.

The tool was developed by Helen Sanderson Associates. Examples and access to the form can be found [on the Helen Sanderson website](#).

Workbook Time:
 Click on [this link](#) to fill out a
One-Page Profile
 OR
[Go to the workbook section to answer
 questions about your
 strengths and abilities.](#)



Where Do I Need Support in My Life?

All of us need a little help in life. By talking about those needs with your support team, they can help you choose the right supports. When thinking about what supports you need, think about skills you need help with to join an activity. Think about the places you go and things you do each day where you need someone’s support. By listing them, you will help your support team know where you need help and you can decide what those supports are. Below are a few person-centered planning tools that can help get a list started.

Try a Person-Centered Tool: Life Domain Vision Tool

The Life Domain Vision tool allows you to explore your vision for different areas, called domains, of your life. By looking at your vision in each of these domains you can see the areas of your life you would like to prioritize. As you plan for the future in all domains you are planning for a full quality life. You can access a blank version of the tool [on the DSPD website](#) and access resources on how to use this tool on the [Person-Centered Planning page](#) of the DSPD website.

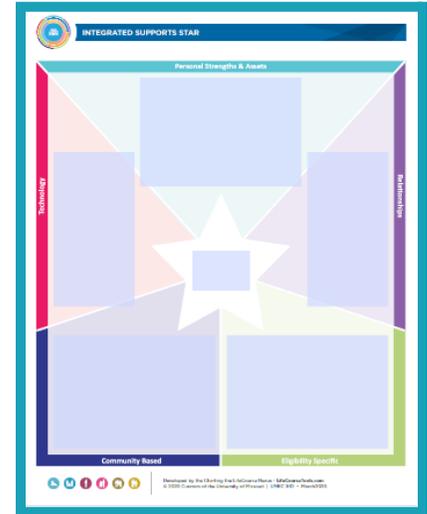
LIFE DOMAIN	DESCRIPTION	MY VISION FOR MY DREAMY FUTURE	PRIORITY
	Education & Postsecondary What do I like to learn? What do I want to do for a job or career in the future?		
	Our Community Living What do I want to do in my community? What do I want to do in my home?		
	Work & Employment What do I want to do for work? What do I want to do for a career?		
	Health & Wellness How will I stay healthy? What do I want to do to stay healthy?		
	Finance & Income How will I get the money I need? What do I want to do to get the money I need?		
	Relationships & Engagement How do I want to get along with others? What do I want to do to get along with others?		
	Supportive Services What do I want to do to get the help I need? What do I want to do to get the help I need?		
	Supportive Services What do I want to do to get the help I need? What do I want to do to get the help I need?		

 **Try a Person-Centered Tool: Integrated Supports Star**

The Integrated Supports Star tool lets you think about the supports you have in five different areas of your life. The five areas of the Supports Star are:

1. Personal Strengths and Assets
2. Relationships
3. Eligibility Specific (paid supports)
4. Community Based
5. Technology

You can include the supports you are already receiving in each section. You can also split the section in half to record the supports you have on one side and those you need on the other. The magic of the tools lets you see how the different supports connect and impact your quality of life.



You can access a blank version of the tool on [DSPD's website](#) and access resources on how to use this tool on the [Person-Centered Planning page](#) of the DSPD website.

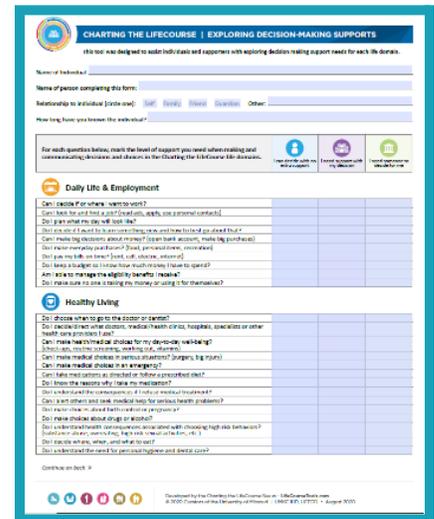
 **Try a Person-Centered Planning Tool: Exploring Decision Making Supports**

The Exploring Decision Making Supports tool lets you explore your ability to make decisions about areas of your life or if you would like support in making those decisions. The decisions are grouped in three areas:

1. I can make these decisions myself
2. I need support in making these decisions
3. I'm ok with someone else making these decisions for me

The tool is separated into each of the life domains. It lets you choose how involved others are in helping you make decisions for day-to-day activities and long-term goals.

You can access a blank version of the tool on [DSPD's website](#) and access resources on how to use this tool on the [Person-Centered Planning page](#) of the DSPD website.



Workbook Time:
Click on the title to fill out the tool:
[Life Domain Vision tool](#)
[Integrated Supports Star](#)
[Exploring Decision-Making Supports](#)
OR
[Go to the workbook section to start your list of where you might need support.](#)



How Does Employment Fit in My PCP?



Many people choose to have a job as part of their good life. People choose to work for a lot of different reasons. Some people choose to work so they can have money to do the things they want. Others work so they can afford to live on their own. Many people work because they want to do something meaningful that they enjoy. They also like being a valued member of a team.

Interests about work might be the same, or different from interests and hobbies you have in any other part of your life.

Person-centered planning tools can help you think about employment as you prepare for your meeting. You can use the information from the tools to help your support team explore what working in the community could look like for you. If you are already working, the same tools can help you think about any changes you might want at work now, or in the future.

 **Try a Person-Centered Planning Tool: DSPD Employment Pathway Tool**

The Division of Services for People with Disabilities (DSPD) has developed a tool to help people receiving DSPD services find and keep jobs in their community. The term for these jobs is “Competitive Integrated Employment.” This means that you earn at or above minimum wage and work with disabled and non-disabled coworkers. Everyone is capable of working and should have that opportunity. Finding and keeping Competitive Integrated Employment should

be a priority for any adult or transition-age youth. Some may choose not to work. They can find other meaningful ways to engage with their community.

The Employment Pathway Tool guides conversations between you, the important people in your life, your provider, staff, and your support coordinator. This tool includes suggested questions to start a person-centered employment discussion. The tool has four different possible pathways for everyone of working age. The full tool can be found [on the DSPD website](#) or choose one of the pathways below.

Pathway A: The person is unemployed and expresses interest in work

Section 2. Exploring Pathway A: What can we do to gather information to identify the right job match?

Suggested questions and prompts for Pathway A:

- ❖ How will things change when you start working?
- ❖ What is important to you about work?
- ❖ Tell me about the things you are good at.
- ❖ What makes you feel most proud or important?
- ❖ Are there certain jobs or tasks you know you do not want to do?

[Pathway A: Unemployed and interested in work](#)

[Pathway B: Unemployed and not interested](#)

[Pathway C: Working but desires a change](#)

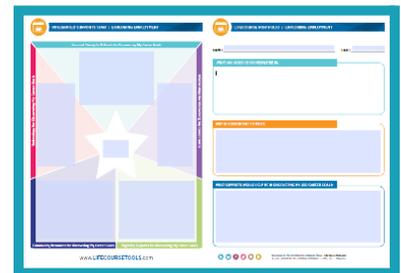
[Pathway D: Maintain and/or grow career](#)

Try Person-Centered Planning Tools: Portfolios - Exploring/Planning Employment

If you need help deciding if you would like a job or deciding what career you would like, use the Portfolio for Exploring Employment tool, shown here. This portfolio combines three tools into two pages. It will help you think about what you can do to find a job you might like and what supports you may need.

Similarly, the Planning Employment Portfolio is useful if you've already thought about the type of job you would like or if you're changing jobs. The tool helps you with planning specific goals, what steps to take, and consider what support you might need.

Both tools can be found on the [Charting the LifeCourse website](#).



Workbook Time:
Click on the title to fill out the tool:
[Employment Pathway tool](#)
[Portfolios for Employment](#)
OR
[Go to the workbook section to record your thoughts and ideas about employment.](#)



WHAT HAPPENS DURING MY PCP MEETING?

The time has now come for your person-centered planning meeting. Your support coordinator and your support team will assist you to share your interests, goals, and areas you need support. If you chose to lead the meeting, you can always ask for help. You can give assignments to others for parts of the meeting. You can also change your mind about leading, and any other support you might need.

There are some things that the support coordinator will need to discuss with you during this meeting. If you are older than 14, they will talk to you about employment options. They will want to talk about the services you need and who you want to provide those services. If there are any restrictions in place to keep you safe, you will discuss them to make sure they still are needed. They will want to make sure you are living where you want to live and with those you want to. They may also ask some questions to assess your support needs.

BE YOUR OWN ADVOCATE!

This meeting is about your life!

Everyone involved wants to hear what you want, your choices, your needs, your dreams. Share what is important to your life. Share with them what you want to spend more time doing or less time doing. Then discuss as a team how they can help you do what you want to do.

As you participate in the meeting keep some of the following questions in mind:

- What do you want to make sure happens in your life?
- Is there anything that you would like to do more of?
 - If yes, how can others help you do more of what you want?
- What are your hopes and dreams?
 - Is there anything stopping you from achieving your dreams?
 - If yes, how can others help you achieve your dreams?
 - What else needs to happen in order for you to achieve your dreams?
- What do you not want for your life?
 - What do you want to avoid?
 - Have you had any experiences you want to be sure do not happen again?

Workbook Time:

[Go to the workbook section to record your answers to the questions above.](#)



Goal Development

A goal is something in the future that you want to reach or achieve. Goals are what you want the end result to be, not the supports to help you get there. Goals should be personal, written for you and represent what you want. They should be based on what is important to you, what you are interested in, what your values are, and what brings you happiness.

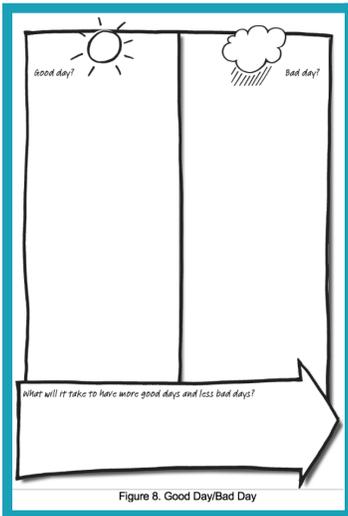
You can write as many goals as you want in your PCP meeting. Some people will only focus on one personal goal; others will have many. You may know exactly what you want your goal(s) to be or you may find setting goals to be challenging. That's ok. Your support team can help you develop goals that focus on things you want to do.



Once your personal goals have been identified, your team can help you choose what services and supports will help you achieve your goals. Remember to decide what success will look like as you work on your goals. This will help you and your support team track progress after the Person-Centered Planning meeting.

During the meeting your support team will help you create a Person-Centered Support Plan (PCSP). This plan will summarize the things you discussed at your meeting. This includes your goals, and plans for how others will support you to reach your goals. After the meeting you will receive a copy of the PCSP. If you read the PCSP and don't understand something, let your support coordinator know.

✔ Try a Person-Centered Planning Tool: Good Day/Bad Day



Everyone has things in life that make a day a good day or a bad day. These things could be the people you spend time with, activities you participate in, or places you visit. Sharing the things that make a good day and bad day can help you fill your life with the things that bring you more good days. When you know what brings a bad day, you can work with your support team to change those things or get additional support in those areas. You can set a goal to have more good days.

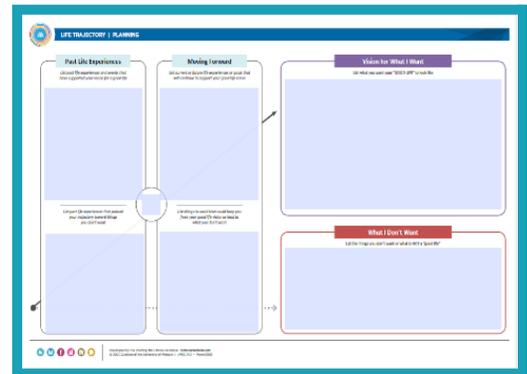
You can access a blank version of the tool [on the DSPD website](#) and access resources on how to use this tool on the [Person-Centered Planning page](#) of the DSPD website.

You can share this information at your person-centered planning meeting with your support team.

✔ Try a Person-Centered Planning Tool: Life Trajectory for Planning

The Life Trajectory tool comes in a Planning version. It visually guides you through planning for your goals. The tool is useful for anyone at any stage or age of life. The tool is helpful with planning short-term or long-term goals and can even be used for problem-solving.

This tool lets you explore your past experiences and envision future experiences. It helps you understand what you want and do not want in your life now and in the future. You will use these past experiences to plan how you will reach your vision of a good life.



You can access a blank version of the [Trajectory for Planning](#) on DSPD's website. You can access resources on how to use this tool on the [Person-Centered Planning page](#) of the DSPD website.

Workbook Time:
Click on the title to fill out the tool:

[Good Day/Bad Day](#)
[Life Trajectory for Planning](#)

OR

[Go to the workbook section to record](#)
[your thoughts and ideas](#)
[about goals.](#)



WHAT DO I DO AFTER MY PCP MEETING?

Some questions you may consider asking yourself so you know you are getting the most from your PCP:

- Did you talk about things that were important to you?
- Do you feel that others listened to what you said?
- Do you feel that others respected your ideas and wishes?



If the answer to any of these questions is no, you can tell your support coordinator, a trusted member of your support team, or DSPD (1-844-275-3773, or 1-801-538-4200, or DSPDinfo@utah.gov) They can help you find solutions so you feel heard, valued, and respected.

After you finish your PCP meeting, you will start working towards the goals you picked to help you to live your best life! Continue working with your support coordinator, support team, and your

service provider to accomplish the goals and plans you made in your planning meeting. Your support coordinator will check in regularly to see how things are going. Don't forget to celebrate your successes!

You will have a planning meeting each year but that doesn't mean you have to wait to make changes to your plan. Remember the entire goal of your PCP and support team is for you to make the decisions that will lead to you having a happy and supported life. If you're not happy

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with your level of support, you have reached your goals, or need to choose a different goal, speak to your support team so changes can be made.

With your support team in place, and a plan developed, now is the time for you to start moving towards your goals. Live the life you have chosen - your best life!



Workbook Time:

[Go to the workbook section to record your thoughts and ideas about your person-centered planning meeting.](#)



Workbook Section

You Choose Your Community

What does community mean to me? _____

What community(s) do I want to be a part of? _____

What do I enjoy doing with others? _____

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Life Trajectory Worksheet Questions

What things do you want in your life, now and in the future?

What don't you want in your life, now or in the future? _____

What things do you want to explore that might help you reach your vision of what you want?

What things do you need to avoid or be aware of that may keep you from your vision?

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Who can I invite to my meeting?

Anyone you're close with in your life could be great to include on your support team. You can include family and friends. What family and friends would you like there?

You should invite your support coordinator. Write your support coordinator's name and contact information, if you have it, here. _____

Is there anyone else you feel will help you make decisions about living your best life you would like to invite?

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How Do I Pick When and Where to Have My Meeting?

Do you want to lead all or part of the meeting? _____

- If yes, what can you or others prepare to make sure you are able to lead?

- If no, communicate with your support coordinator who you would like to lead the meeting and how to lead.

How long would you like your meeting to be? _____

- Would you rather schedule one meeting, or a few shorter meetings?

Be prepared to share what is important to you, your strengths, areas of life where you need support, and anything else you want.

Ask your support coordinator for help. They can support you to prepare and make sure the meeting happens the way you want.

Pick a time and place for your meeting:

Date/Time:

Place:

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What are My Strengths and Abilities?

What are some great things about you? _____

What do you like about yourself? _____

What are some things that you are good at? _____

What are the things other people say they like about you? _____

What are some things you know how to do? _____

Write a list of your strengths and abilities. If you have a hard time answering these questions, ask someone who knows you how they would answer these questions.

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Where Do I Need Support in My Life?

Think about the places you go and things you do each day where you need someone's support. Listing them will help your support team know where you need help. You can decide what those supports are. Below are some questions to help get a list started.

Do you need help to find a job or work in the community? Yes No

What kind of help do you need? _____

Do you need help getting together with friends or maintaining friendships? Yes No

What kind of help do you need? _____

Do you need help with shopping for food and other items? Yes No

What kind of help do you need? _____

Do you need help getting ready in the morning and/or ready for bed? Yes No

What kind of help do you need? _____

Do you need help taking care of your money and keeping it safe? Yes No

What kind of help do you need? _____

Do you need help telling people what is important to you? Yes No

What kind of help do you need? _____

What other areas do you need help in? _____

What kind of help do you need? _____

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How Does Employment Fit in My PCP?

Interests about work might be the same, or different from interests and hobbies you have in any other part of your life. Write some interests, hobbies, or strengths you have already discussed in this workbook, another person-centered planning tool, or with friends, family, school staff or others:

Write below any jobs you already know you might be interested in.

If you are unsure about working, what activities might help you learn more about what work might look like for you? Activities might include: touring some businesses, watching videos about jobs you might like, exploring jobs related to your hobbies, following someone around at their job, finding out what job people you know have and learning more about them.

What different types of jobs would you like to learn more about?

If you don't want to work right now, what would you like to do instead?

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What Happens During My PCP Meeting?

As you participate in the meeting keep some of the following questions in mind:

What do you want to make sure happens in your life? _____

Is there anything that you would like to do more of? _____

How can others help you do more of what you want? _____

What are your hopes and dreams? _____

Is there anything stopping you from achieving your dreams? _____

How can others help you achieve your dreams? _____

What else needs to happen in order for you to achieve your dreams? _____

What do you not want for your life? _____

What do you want to avoid? _____

Have you had any experiences you want to be sure do not happen again? _____

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Goals

Some questions that you can ask yourself to help develop clear personal goals include:

What are the most important areas of your life you would like to see change? _____

What do you want your life to be like in the future? _____

How do you want to spend your time (during the day, at night, weekends)? _____

What do others who know you feel is a priority for you? _____

What would success, progress, or a positive outcome look like for you this year? _____

Good Day/Bad Day

What makes a Good Day for you? _____

What makes a Bad Day for you? _____

What will it take to have more Good Days and less Bad Days? _____

Life Trajectory Worksheet Questions

What things do you want in your life, now and in the future? _____

What don't you want in your life, now or in the future? _____

What things have happened in the past that might help you reach the vision of what you want?

What things have happened in the past that may keep you from your vision?

What are some next steps that could help you move toward your vision of what you want?

What do you need to avoid so you do not end up with what you don't want? _____

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What Do I Do After My PCP Meeting?

Some questions you may consider asking yourself so you know you are getting the most from your PCP:

Did you talk about things that were important to you? _____

Do you feel that others listened to what you said? _____

Do you feel that others respected your ideas and wishes? _____

What went well? _____

What didn't go well? _____

You can contact your support coordinator if you have any concerns or questions about your planning meeting.

You can also contact DSPD.

1-844-275-3773

1-801-538-4200

DSPDinfo@utah.gov