TRANSITION DISCOVERIES

# 3. Person and Family Directed Planning

# 3. Person and Family Directed Planning

## 3.1 Authentic Person and Family Centered Planning Practices

### What are authentic person and family centered planning practices?

...Having a group of your closest family, friends, and supports empower you and your family to explore your hopes, dreams, and goals so that you can decide your own life and future.

## 3.2 Person and Family Centered Program Design

### What is person and family centered program design?

...When people help you and your family learn about your dreams, strengths, and goals to plan for life after high school. An action plan is put in place with the supports you need to plan for a good life.

Transition Discoveries was funded by a grant from the PA Developmental Disabilities Council.

TRANSITION DISCOVERIES

# Person and Family Directed Planning

## 3.1 Authentic Person and Family Centered Planning Practices

# Person and Family Directed Planning
# 3.1 Authentic Person and Family Centered Planning Practices

## What are authentic person and family centered planning practices?

...Having a group of your closest family, friends, and supports empower you and your family to explore your hopes, dreams, and goals so that you can decide your own life and future.

## Ideally, authentic person and family centered planning practices include...

- Keeping the focus on YOU, not the school or the system
- Helping you and your family identify your closest family, friends, and supports to be part of the planning
- Meeting you where you are in life
- Focusing on your strengths, dreams, and goals
- Providing opportunities for you to learn about yourself, make decisions, solve problems, and advocate for what you want and need

## Authentic person and family centered planning practices result in...

- An individualized, whole-life plan based upon your dreams and goals
- A group of your closest family, friends, and supports to empower you to carry out your plans

**"The most important thing to me is to go to college and then graduate. From now and through college, I know I want a lot of stuff. I want to get my own place, get a car, and get married eventually, and have kids. I have a plan and great people with me who believe in me."**

*Transition-age youth*

PYLN Pennsylvania Youth Leadership Network

THE GEORGE WASHINGTON UNIVERSITY WASHINGTON, DC

TEMPLE UNIVERSITY Institute on Disabilities

Transition Discoveries was funded by a grant from the PA Developmental Disabilities Council.

TRANSITION DISCOVERIES

# Person and Family Directed Planning

## 3.2 Person and Family Centered Program Design

# Person and Family Directed Planning
# 3.2 Person and Family Centered Program Design

## What is person and family centered program design?

...When people help you and your family learn about your dreams, strengths, and goals to plan for life after high school. An action plan is put in place with the supports you need to plan for a good life.

## Ideally, person and family centered program design...

- Focuses on YOU
- Includes your family and those important to you
- Helps you understand your dreams and goals
- Sets out a plan to help you achieve your dreams and goals

## Person and family centered program design results in...

- A positive plan, based upon your goals
- Building your ability to plan for your future
- Learning skills to live the life that you want to live

**"We really gravitated to that type of PATH planning for my son even before transition started. The end result, helps you start with his dreams and create a plan to get there. I was able to have a good circle of support around that. And so we were pretty focused on where he wanted to go and what he wanted to do as far as planning. And then involving the high school was a little tricky because I always wanted to individualize things for him. So even when we went to high school we were continuing that kind of planning for transitions. His teachers and his paraprofessional that he had at high school also attended the path planning."**

*Family of transition-age youth*

Transition Discoveries was funded by a grant from the PA Developmental Disabilities Council.