

J-Person Centered Planning (PCP)

J-100 Overview

Person Centered Planning (PCP) is an approach to designing a Plan of Care (POC) that places the individual's life and supports at the forefront of care planning. It is used most often as a life planning model to enable individuals to increase their personal self-determination and improve their own independence.

PCP will disclose what is important to an individual. It is a process that involves continual listening and learning while focusing on what is important to the individual now and in the future. Using PCP, a Support Coordinator (SC) can use the knowledge obtained to care plan in conjunction with the individual's natural (informal) and paid (formal) supports. The process includes learning how a person wants to live, their routines, and the significant people and places in their lives that can provide a quality of life, then describing what actions are needed to help the individual move towards that life.

The main concept behind PCP is that services which are set up to respond to problems of social exclusion, disempowerment, and devaluation, can unintentionally make the individual's situation worsen. PCP is designed specifically to empower individuals, to directly support their social inclusion, and to directly challenge their devaluation.

PCP ensures that family members, neighbors, caregivers, community members, friends and professionals (such as physicians, psychiatrists, nurses, support workers, support coordinators, therapists, and social workers) are involved in developing a POC with community participation. An effective POC will identify what is important to the individual while taking into account all of the other factors that impact their life. Some of these factors include the effects of the functional limitations, the views of those who care about (and know) the individual, and the opportunities, as well as, the limitations presented by the need for public funding.

PCP is not one clearly defined process, but a range of processes sharing a general philosophical background, and aiming at similar outcomes. The life that the individual wants is the outcome, not the POC that describes it.

PCP is used by SCs throughout the assessment/reassessment and POC process. As a result, the POC will reflect the individual's preferences for services and service delivery.

In addition, the SC will be able to accurately identify the individual's natural support network and determine which areas will need the assistance of paid supports.

The person centered planning developed POC will:

- Be carried out in a respectful manner for the individual, the family, and those who support the individual.
- Reflect the time and necessary effort spent to be sure that the "voice" of the individual is heard.
- Focus on learning what is important to the individual in how he/she wants to live, what is important to those who love the individual, and any issues of health and welfare based on the individual's perspective.
- Be written including the following:
 - What is important to the individual and what is important for the individual,
 - The individual's good days and bad days,
 - Important relationships,
 - The individual's wishes and dreams,
 - Development of appreciation of who the individual is,
 - The individual's history,
 - Best ways to communicate with the individual, and
 - What is working and not working for the individual.

J-110 Routines

Identifying an individual's routine is essential to capture a step-by-step account of a typical day and/or week in the individual's life. It is important to analyze the individual's routine and identify specific tasks and activities that occur on a regular basis. By using this process, the SC will identify periods of "down" time and where there are gaps in services/supports. This process also helps clarify how the individual's routine interfaces with the routines of those who provide essential support for him/her.

This process will be used by the SC during contacts and/or home visits as a means of capturing daily and weekly routines. All information gathered will be reflected on the POC.

J-120 Relationships

Relationships are the primary source of strength in PCP. Determining relationships is important because it identifies the participant's relationship network. By using this process, natural and community supports are identified and may be included in the care planning process and in the actual POC.

This process will be used by the SC during the contacts and/or home visits as a means of capturing important information regarding relationships that the individual wants to sustain. All information gathered will be reflected on the POC.