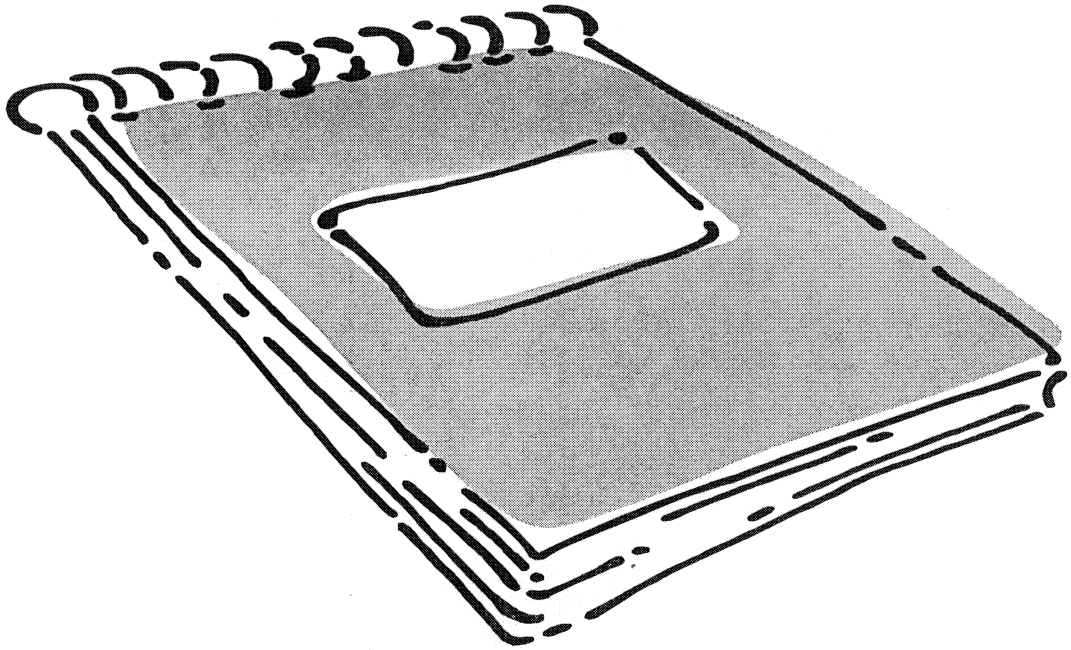
It's Your Life!



What's Your Plan?

A Consumer Guide to Person Centered Planning

Acknowledgements

This guide is the result of a collaborative effort between Consumers, Advocates, Providers, staff from Maine's Department of Mental Health/ Mental Retardation and Substance Abuse Services, and the Institute for Public Sector Innovation at the University of Southern Maine.

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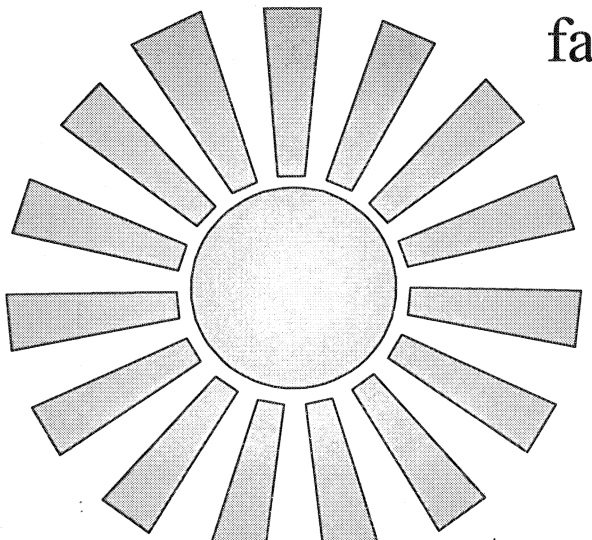
This book explains the personal planning process.

As you plan your life, you can decide how to work together with the people who can help you.

You may need to meet from time to time.

Some people meet once a year.Others choose to meet more often.

Before you get together with others there are many things to think about. Some things you might want to think about:



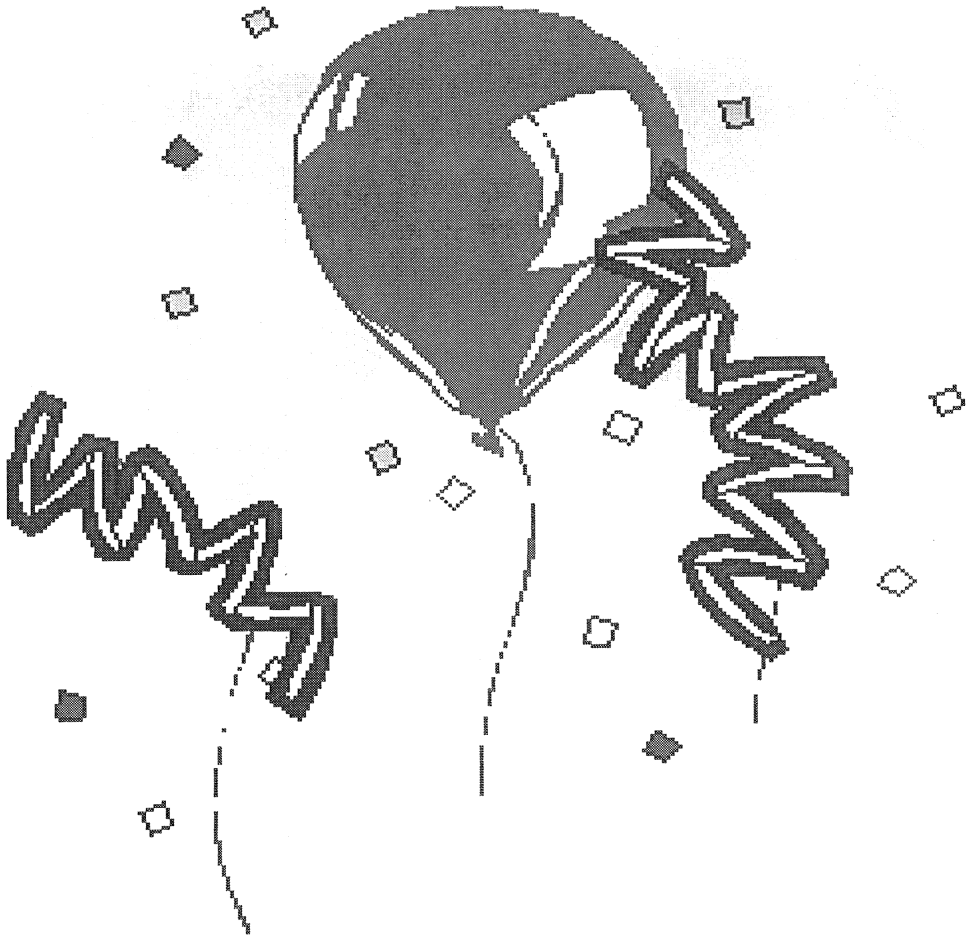
The workbook helps you think about these things. When you are ready, you can plan to meet.

What is a planning Meeting?

This is a chance for you to talk about:

- What you want to do
- Changes you want to make
- Supports & Services you choose to use

Remember, this is your meeting but it can be a celebration too!

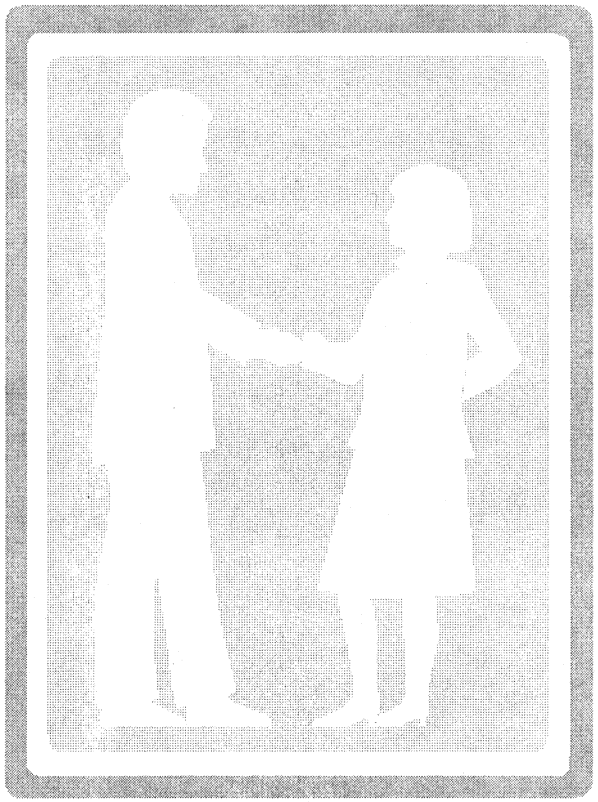


You can talk to many different people about how you want to do your planning

You can choose to talk with

✓ someone at work ✓ someone at home ✓ your case worker

These people will be invited



Your legal guardian
(if you have one)

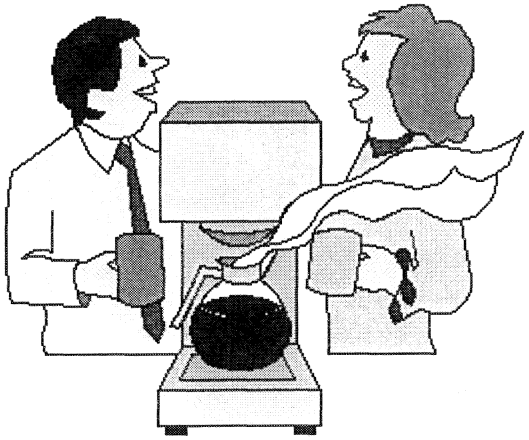
Your case worker
from MR Services

These people will be invited unless you say you don't want them at your meeting.

your correspondent

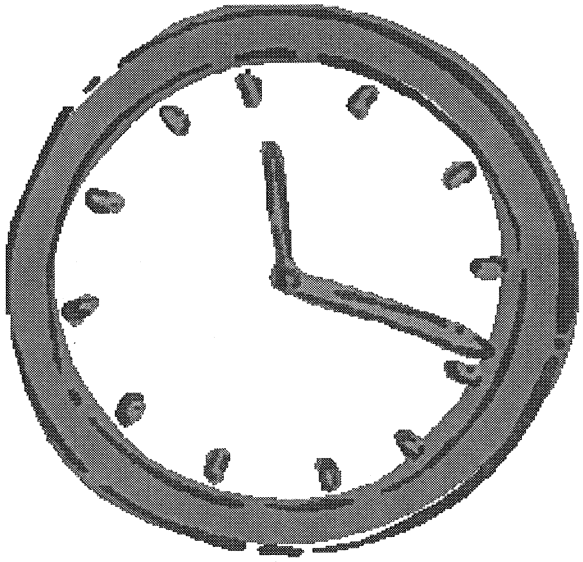
an advocate

You can choose where and when to have your meeting



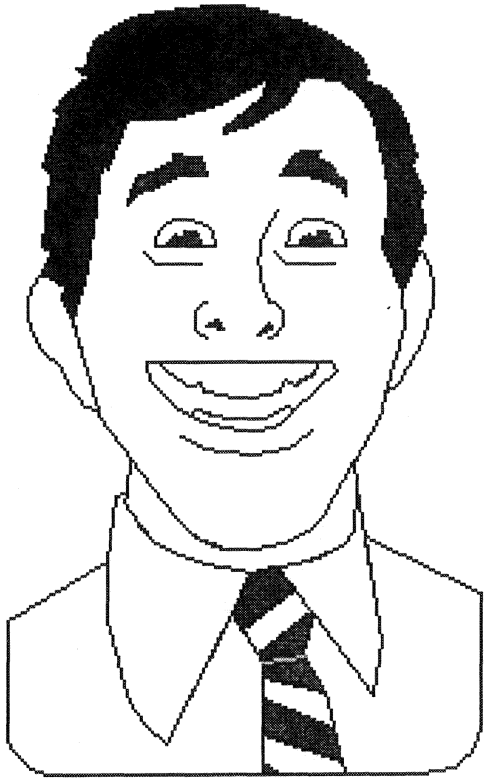
You can meet at any of these places:

✓ home ✓ work ✓ other place

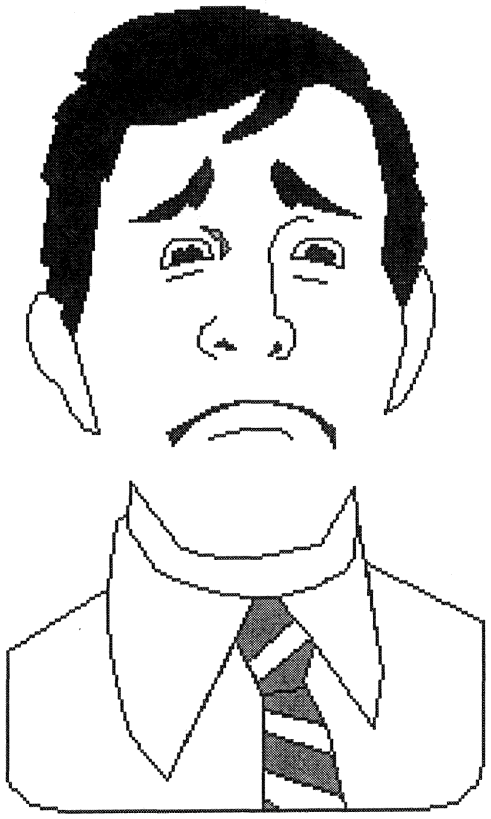


Plan a time and place so that everyone can come.

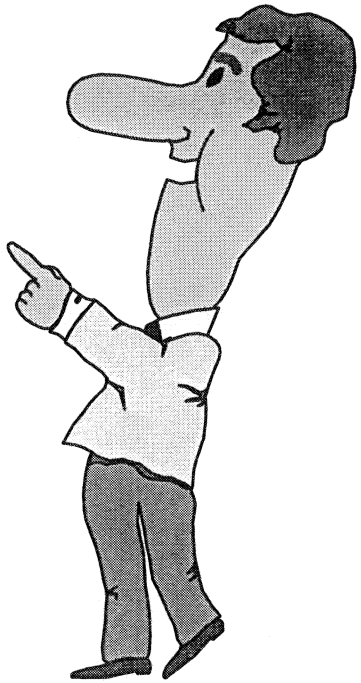
You can talk about what you like.



You can talk about what you don't like.

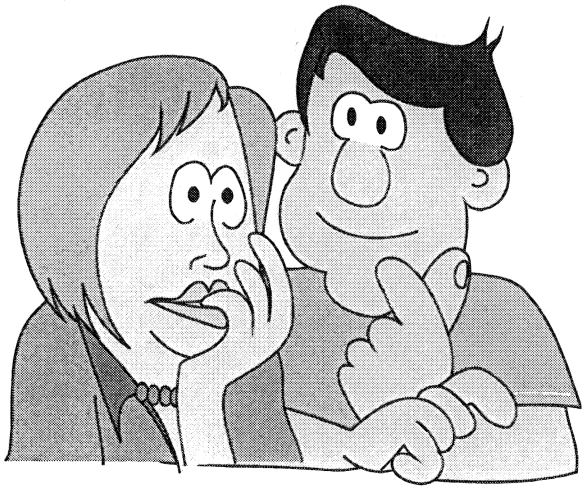


You can talk about what you want to change.



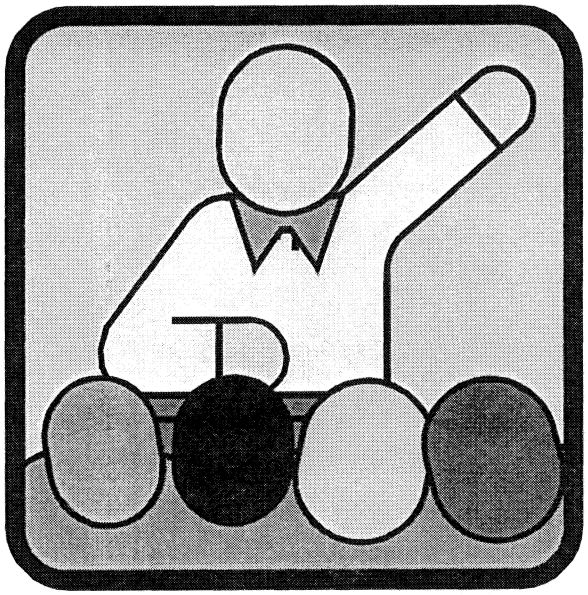
You can talk about what kind of help you want.

There may be things you don't want to discuss with the whole group.



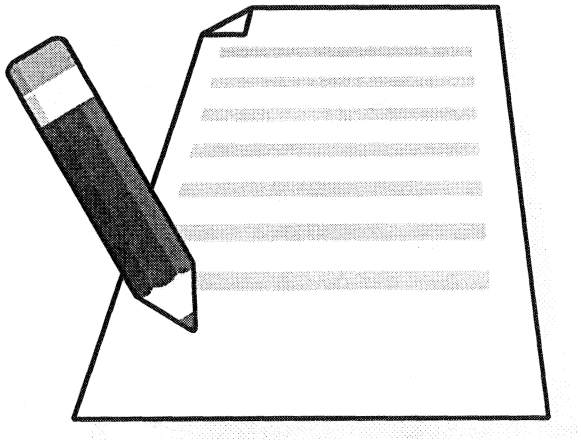
You may talk privately about these things with only certain people.

You can run your own meeting and get help if you want it.



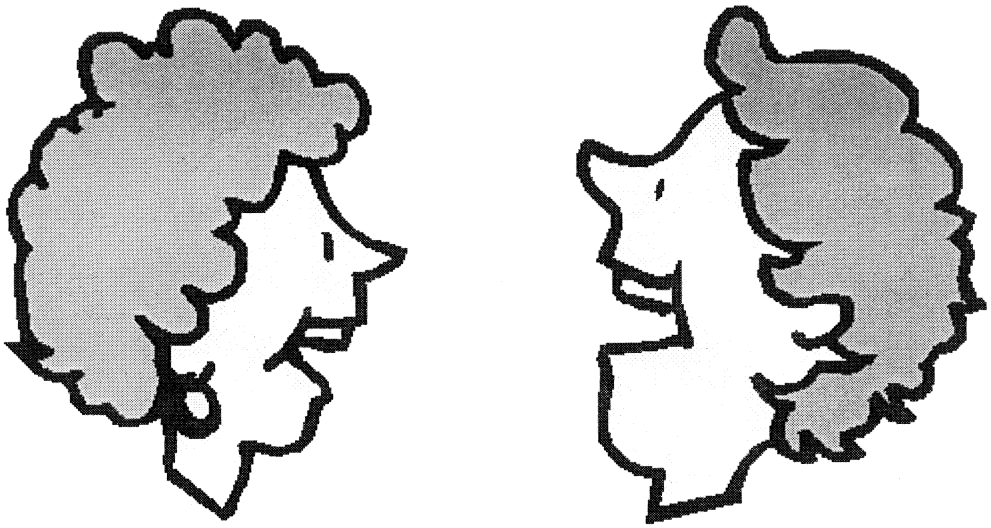
You can choose who you want to run your meeting.

You or the person who runs your meeting makes sure everyone is heard.



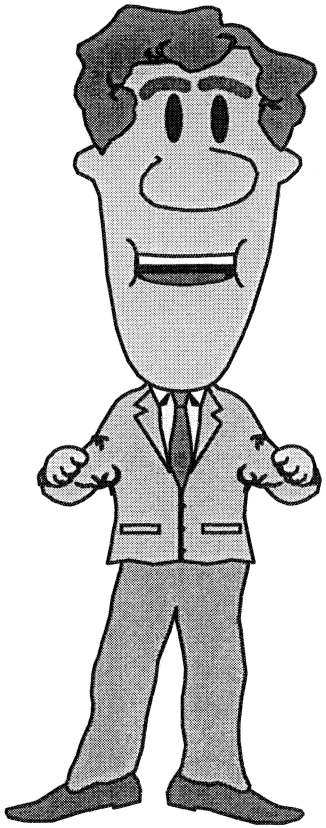
They make sure all the important things get written down so everyone will remember.

At your meeting

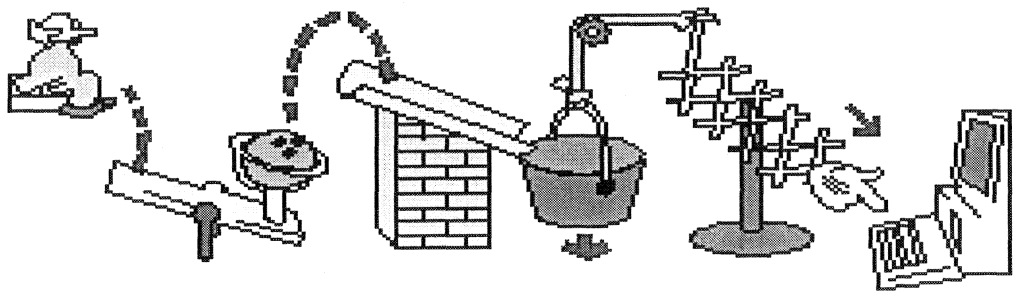


- You can talk about what you want.
- You can talk about what you need.
- You can talk about what you hope for.

You can do all of this even if you don't know how to make it happen.

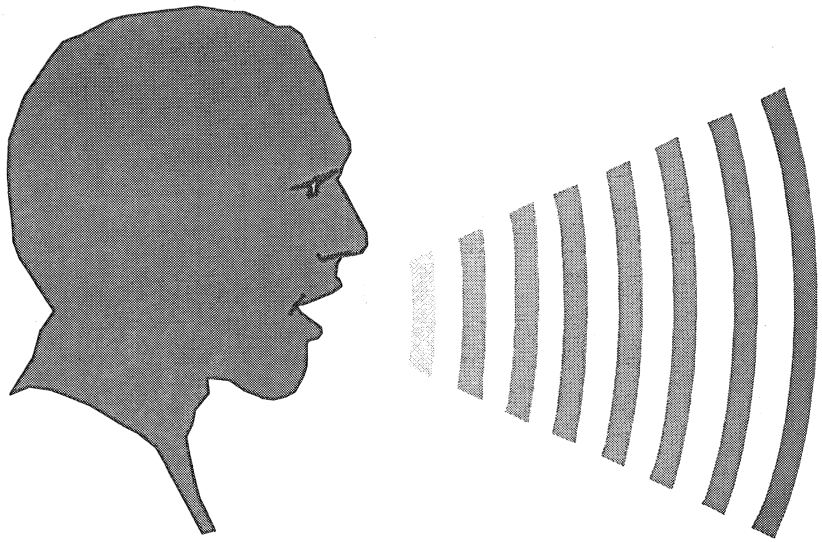


Even if you want something that can't be done right away...



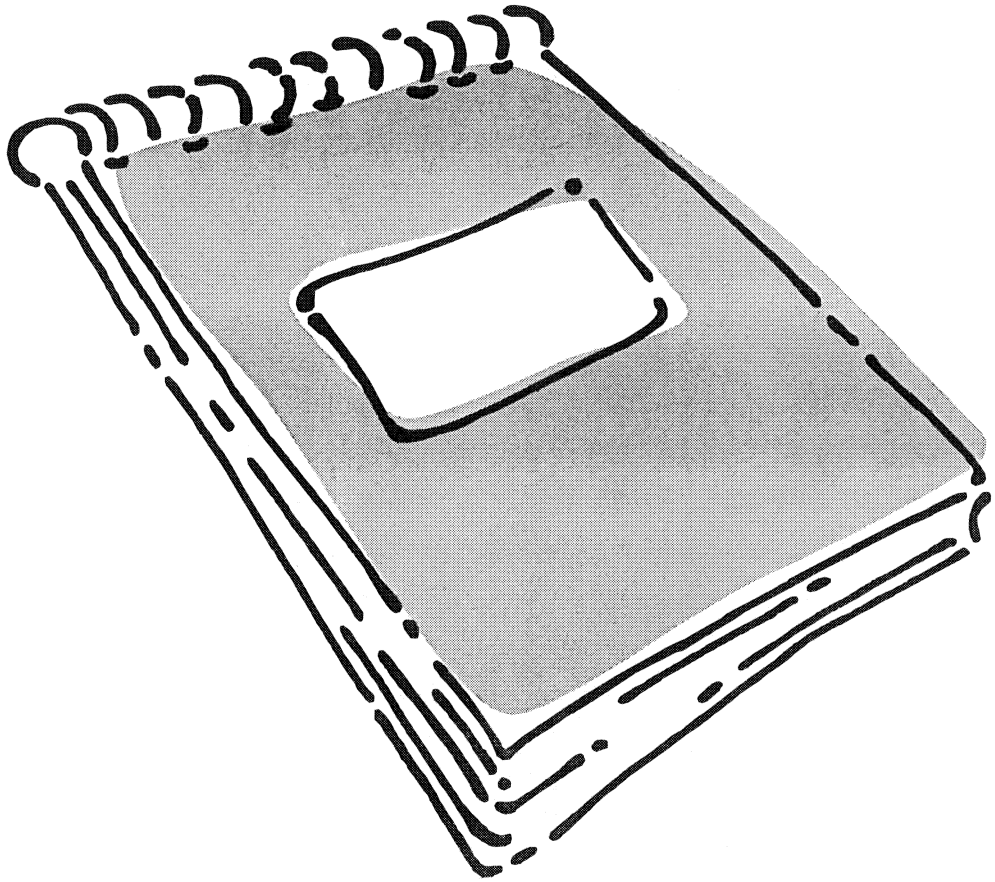
There should be a plan for how to get started toward reaching your goal.

People should listen to what you want, not talk about what they think you need.

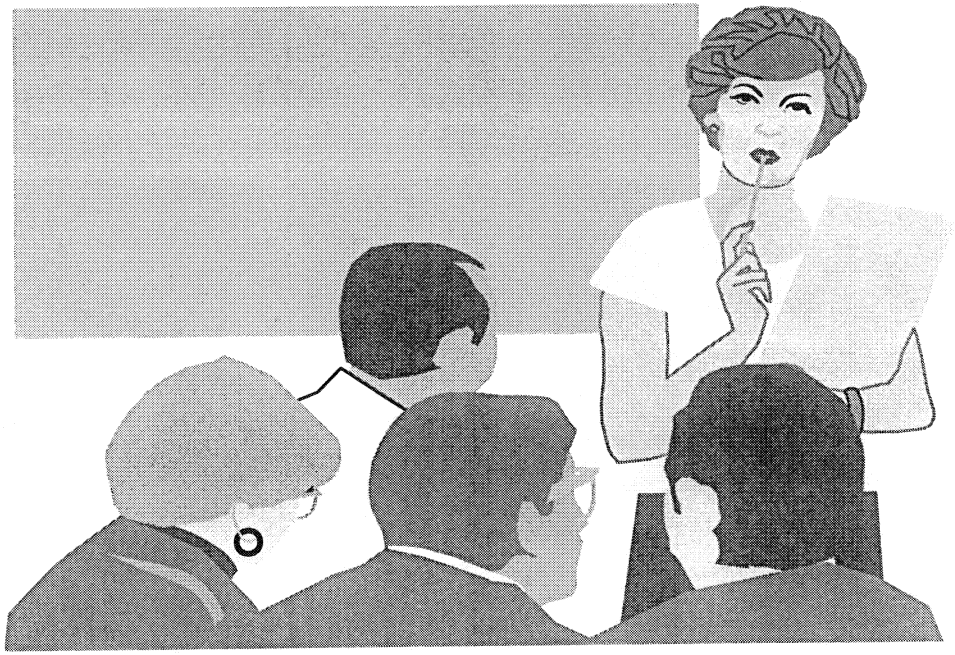


Everyone may not agree, but everyone should try to make things work for you

A plan saying who will do what and by when should be done at the end of your meeting.

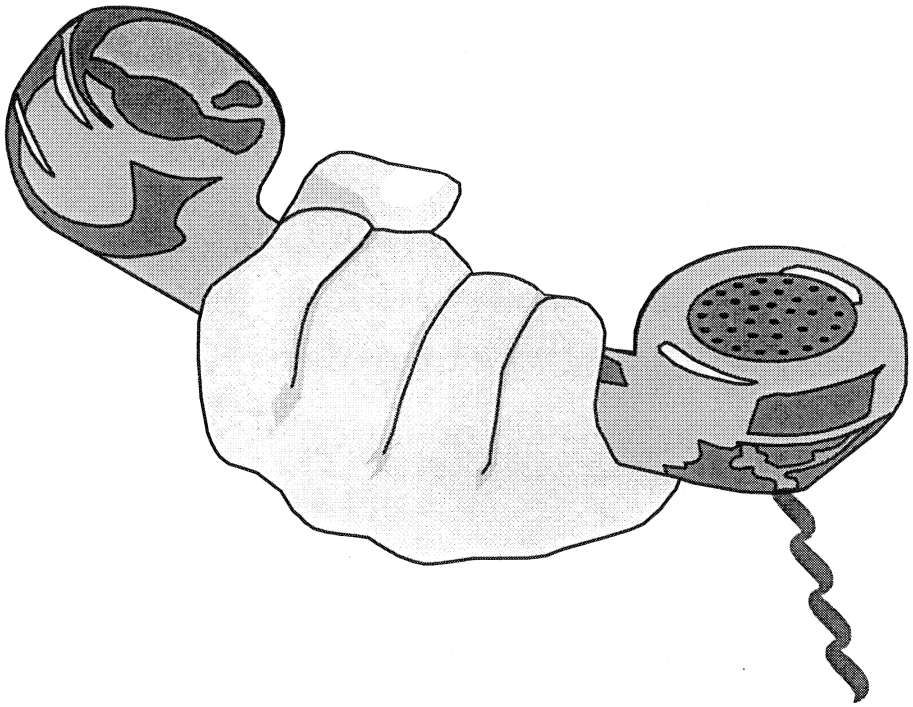


You can decide who will review your plan to make sure things are happening.
You can decide when your group will meet again.



If things change during the year,
you can get your planning group together
to change all or part of your plan.

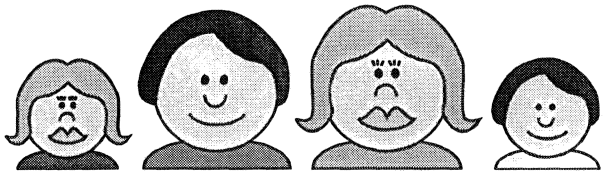
You can talk to anyone about your plan at any time.



When you meet you can expect people will:

- **be polite**
- **listen to you**
- **offer you choices**
- **respect your decisions**
- **think about how to make things happen, not why they can't happen**

My list of people who might help with my plan.



Name	Telephone #

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