

# Individual Assessment



## What is person-centered planning?

Person-centered planning isn't so new and it isn't hard to do. It's really as easy as listening to people with developmental disabilities (or their families if someone is very young) about things like:

- where to live;
- how to spend time each day;
- who to spend time with; and,
- hopes and dreams for the future.

It's also about supporting people in the choices they make about their life. That can be the hard part!

### How to Use the Guides and Checklists

You can complete the planning guide or checklist in this section online:

Click in the text box next to the question and type in your answer;

OR

Click in the box in front of a statement or question.

The completed guide or checklist can be printed out. You can also save or update your answers; go to the last page of this section for directions.

## More about person-centered planning

### Planning ahead

We all have hopes and dreams for the future. Some we can work for on our own, many take support from others. Some will happen, some will not.

Person-centered planning is one way of figuring out where someone is going (*life goals*) and what kinds of support they need to get there. Part of it is asking the person, their family, friends and people who work with him or her about the things she or he likes to do (*preferences*) and can do well (*strengths and capabilities*). It is also finding out what things get in the way (*barriers*) of doing the things people like to do. If people can't talk for themselves, then it's important to spend time with them and to ask others who know them well. Important things to remember about person-centered planning are:

- people with developmental disabilities (or their families and friends if they can't speak for themselves) are in the driver's seat; and,
- it's about *supporting the many different ways that people choose to live.*

## What is this workbook about?

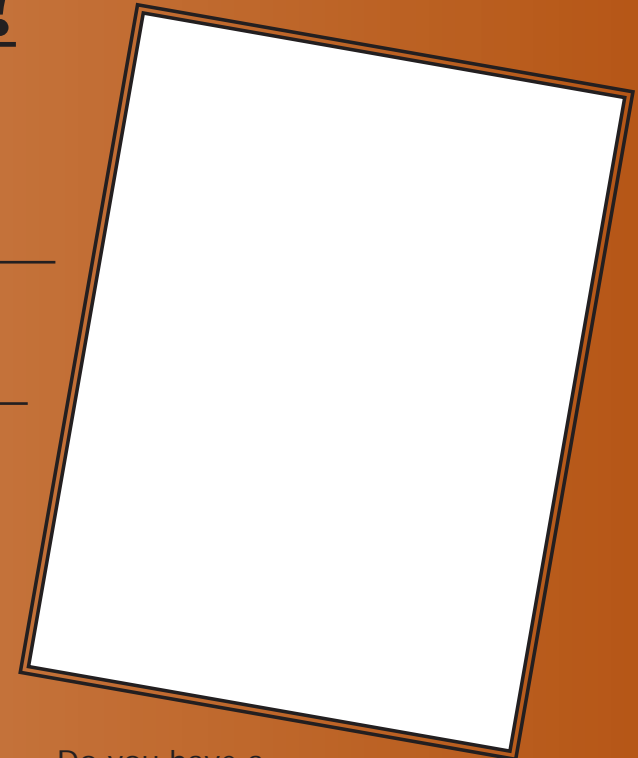
In this workbook, you will have a chance to think about your life and the kinds of things that are important to you. When you're done, you will have finished Listen to Me! This information can be used to help build your Individual Program Plan (IPP). On each page you will find a question and some words about what it means. It's best to do this workbook with people who know and care about you. Remember, this is just one way to start the person-centered planning process.

## Listen to Me!

**This workbook belongs to:**

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Do you have a photograph of yourself?  
Put it in the frame!

# Who is a part of your life?

Who are the people you are close to? people in your family? people at work or school? neighbors and friends? Who are the people you do things with? talk to? turn to for help?

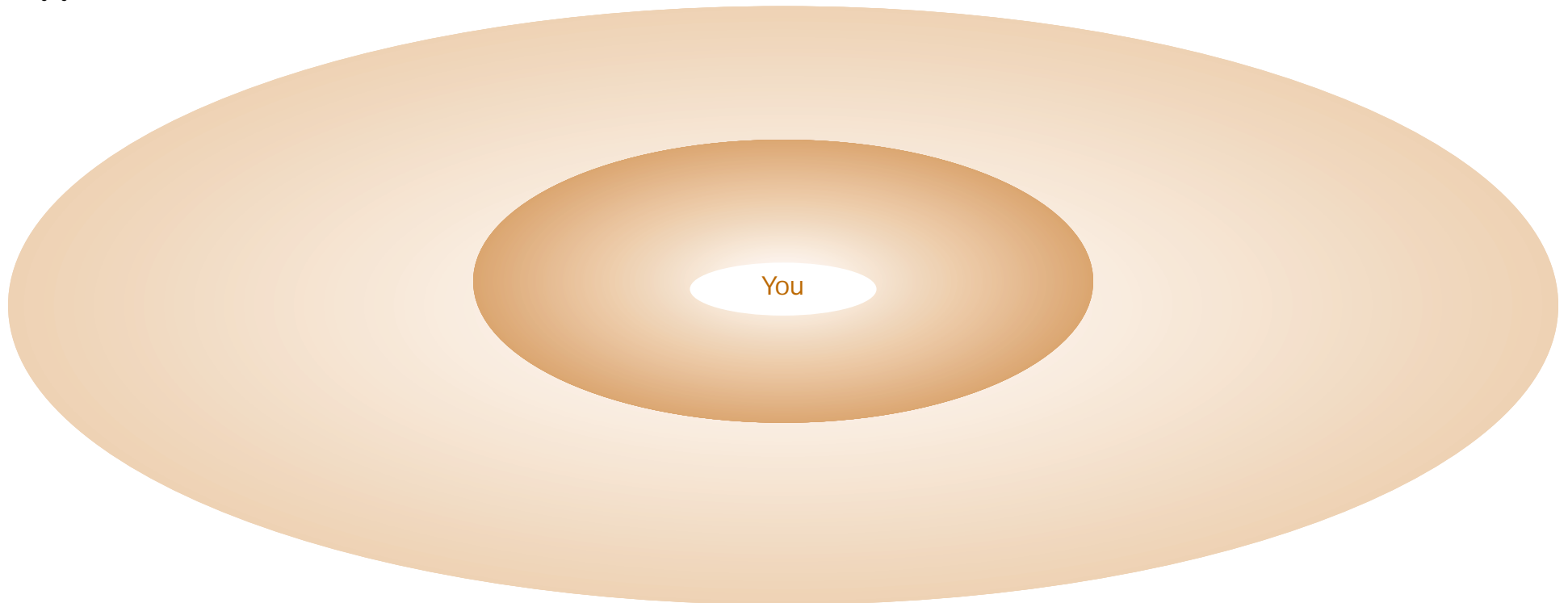
Who do you spend the most time with? Who are the people who know you best? Who are the people who are most important to you?

These are people who you might want to invite to your person-centered planning meeting. Or, they might be able to support you in your plans for the future.

Think about who they are and write their names in these circles. Some people write the names of people who are closest to them in the middle, but you can do it any way you want.

Here are some things to think about when you're working on Listen to Me:

- Pick a place to work where you are comfortable;
- Invite people who know and care about you (your friends, relatives, neighbors, service coordinator, service provider) to meet with you and help you fill out the workbook; and
- When you get together, make sure everyone knows each other and that they're there to support you;























## How to Save or Update Your Responses

To save your responses:

1. Click on "**Save or Update My Responses**"
2. Click "**Save**"
3. Fill in your name (you could also enter your name and a date to save progress.)
4. Click "**OK**"

To clear all responses and start over click "**Clear Responses.**"

To view, edit or update your saved responses:

1. Click "**Save or Update My Responses**"
2. Click "**Reload.**"
3. Select your name. Your previously saved responses will be restored.
4. Change or complete your responses.
5. Save your responses according to the directions above. To replace your existing responses, type the same name information, and when asked to overwrite, click "OK". Or enter a new name, or an existing name with a new date to save a new set of responses.

To delete your saved responses:

1. Click "**Save or Update My Responses**"
2. Click "**Delete.**"
3. Select your name. Your responses will be permanently deleted.