

Overview of the Person-Centered Planning Process

There are several steps to the person-centered planning process that will lead to a list of your goals and the accompanying budget for services, supports, and resources you will need to meet these goals.

Your Self-Directed Care (SDC) Advisor is here to listen, to support you in a non-clinical and non-judgmental manner, to help you complete these forms, and to help you identify goals and needed resources. It is a fundamental principle of our program that the person-centered planning process is yours and should reflect your own words, experiences, ideas, and dreams. But that doesn't mean you have to "go it alone." Most of us need some support and encouragement as we think about how our past has affected our present, and as we make and try out life goals. Your SDC Advisor wants to help!

Here are the steps you will go through to complete your person-centered planning process:

1. Complete your Personal History Form.

This form reviews your mental and physical health, services you've used and their effects, your support network, and your educational and employment histories. Reviewing this information can help you and your SDC Advisor identify what you have and your strengths, along with what you need and your difficulties.

2. Make a "Dream List" for the next 6 months and 1 year.

Based on your personal history and life story, you will think about your goals for the next 6 and 12 months. You also will consider the services, supports, training/education, goods, or resources you might need to reach your goals, how much these cost, and how you will budget your SDC and other funds/benefits to afford what you need.

3. Prepare a person-centered plan with your primary life goals for the next year, along with the budget to achieve these goals, which will be approved by the TX SDC Program Director. These first 3 steps will take you about 2-4 weeks to complete.

4. If you wish, complete the optional forms and worksheets our program makes available to help you manage your mental and physical health, life planning, goals, and budgeting.

5. Review and update your person-centered plan and budget to reflect your progress and experiences in working towards your goals.