

Checklist for Person-Centered Planning

Don't plan about me without me.

- — I will invite people important to me to come to my meeting.
- — I will decide who will run my meeting.
- — I will choose what I want to talk about at my meeting, and also what I don't want to talk about.
- — I will choose a time and location for my meeting that will make it convenient for everyone to attend.
- — My wants and needs will be put into my plan.
- — Changes in my plan will be made only after I discuss them with my worker.
- — I will ultimately be responsible for the choices I make.

Person Centered Planning is a process to help connect you with the right services for you. We match services and supports to your need based on your condition and circumstances, and, as much as possible, your personal choice.

For more information about **Person Centered Planning**, contact the Northwest Community Mental Health Affiliation at:

Northern Lakes Community Mental Health

Grand Traverse, Leelanau Counties

(231) 922-4850

(231) 935-3871 TTY

Crawford, Missaukee, Roscommon,

Wexford Counties

(800) 492-5742

(231) 876-3281 TTY

West Michigan Community Mental Health

Lake, Mason, Oceana Counties

(231) 845-6294

(800) 992-2061

(800) 790-8326 TTY

www.nwcmha.org

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These materials were reviewed by consumers.



Person Centered Planning

The right care • The right place • The right time



What is Person Centered Planning?

Person-Centered Planning (PCP) is the process you use to develop your Plan of Service. It ensures that **YOU** help plan your care, **YOU** help make the decision on the services you want and need, and **YOU** set the goals you have for yourself.



It also means that **YOU** can have a say in who your worker will be, and have whoever else **YOU** want as a member of your team.

YOU can also choose an independent facilitator to help develop your person-centered plan (someone to run your PCP meeting).

You can choose to involve your parents, other family members, friends, or anyone important in your life. It is totally up to **YOU**.

Three areas affect decisions about your treatment: 1) Clinical Condition, 2) Therapeutic Appropriateness, and 3) Medical Necessity. People receiving services need to meet "Service Selection Guidelines" to be eligible for services. We will take care of working with Medicaid to get authorization and arrange payment. In most cases, if you have Medicaid there will not be any costs to you for services. We will also coordinate services with your doctor to make sure you get efficient and cost-effective treatment.

How Do I Get Started?

You will need to think about some things ahead of time such as:



- What are my hopes, dreams and desires for the future?
- How do I want to spend time each day?
- Who do I want to spend time with?
- What are some things I would like to learn?
- What new things would I like to do?
- What are some great things my worker should know about me?
- What supports do I need right now and in the future?

What Will The Planning Meeting Be Like?

You will need to decide who you would like to help you to make a plan for achieving your goals. These people will be invited to a meeting. The meeting may begin with everyone introducing themselves and sharing why they are at your meeting.

You will share your hopes, dreams and desires for the future. The people you've invited will also share their dreams for you. This way, everyone will get to know you better.

You will talk about what could get in the way of your plans. It may be a physical or mental health issue, or maybe there is a skill you need to learn first.

After all the issues are discussed, you and your group will work together to decide who can help you work on your plans for the future.

If you are unhappy with your plan, be sure to let your assigned worker know. He or she can arrange for a new planning process to take place. Your worker will also tell you about your right to appeal if you continue to be unhappy with your plan.

The Northwest Community Mental Health Affiliation is committed to making Person-Centered Planning work for **YOU**!