

Person Centered Planning

Duluth, Minnesota



There are several kinds of Person-Centered plans, but this overview will focus on four-PATH (Planning Alternatives Tomorrows with Hope), ELP (Essential Life Planning), MAPS (Making Action Plans), and PFP (Personal Futures Planning) as they tend to be the most used. Below you will find a brief overview, in plain language, of each plan, that has been put into plain language by self-advocates with disabilities and those with lived experience. The following is what they think all people should know about Person-Centered plans.

Planning Alternative Tomorrows with Hope (PATH)

Planning Alternatives Tomorrows with Hope was developed by John O'Brien, Marsha Forrest, and Jack Pierpoint. This process is led by two trained professionals, one who leads the group discussion and one who records in pictures/drawings what is being said. This process is a graphic illustration of a person's goal or desired outcome and the steps taken to get there. The PATH has 7 specific steps in which you work backwards from the person's NorthStar to Sign in, and it focuses on the person's dreams, passions, values, ideas, skills, and strengths by looking at the positive and engaging the support of others.

Essential Life Planning (ELP)

Essential life planning was developed by Michael Smull and Susan Burke-Harrison, specifically for people who were returning to their home communities from insti-

The following is a brief overview of person-centered plans put into plain language by self-advocates and those with lived experience. Person-Centered plans help people plan for their future, enhance their quality of life, while promoting self-determination and reliance. Any Person-Centered plan has the individual at the center of the decision making and is focused on a person's strengths, abilities, interests, preferences, and needs.

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tutions and residential facilities. This process focuses on quality of life and explores how a person wants to live and be happy, healthy, and safe; then finds ways to make it happen. The ELP is a way of listening to people by asking specific questions and understanding the answers, recording what is said, and developing a plan that is unique to the person. The process often includes a "Learning Wheel" which guides the planning process. This process is facilitated by trained professionals and takes several months to complete. The heart of the process is taking the time to "listen to" and "understand" the person wants and needs.

Making Action Plans (MAPS)

John O'Brien, Marsha Forrest, and Jake Pierpoint developed the MAPS plan 5 years prior to creating the PATH so the two are similar. This process is led by two trained facilitators. The MAPS is a person-centered planning process that asks eight guided questions from which a chosen team works together to assist the person with defining their dreams and building a plan to achieve it. The process ends with a plan of action with steps.

Personal Futures Planning (PFP)

Personal Futures Planning was developed by Beth Mount and involves 6 steps or tasks that help you find a person's strengths and abilities, then looks for options in their own community to develop those abilities. This plan relies on using community programs and services to support the person and their needs.

Resources

[Inclusion](#)

[The Center for Human Policy Law and Disability Studies](#)

[Person-Centered Planning Education Site](#)

[Project 10 Transition Education](#)

[Learn More About Person-centered Planning](#)

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