

# NC Family to Family Health Information Center

*"A beacon for families of children with special health care needs."*

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Fact Sheet

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## Person Centered Planning (PCP)

Person-centered planning (PCP) is a process of determining real-life outcomes with individuals/families and developing strategies to achieve those outcomes. The PCP involves a team of family members, friends, professionals and, most importantly, the individual whenever possible.

### How does it work?

The plan begins with the team of people whom the family selected as a natural or community supports (including service agencies) that have the welfare of the child or individual as a common interest. Together they identify the strengths, needs goals, and work together to construct team-driven outcomes for the individual/child.

- The reason for the individual/families need for assistance is identified
- The best person centered plans are made by individuals (friends, family, etc.) who know and care about the individual, but can consist of as few as a case manager, the child and a family member
- The families needs, desires for care/ treatment and life skills are identified
- The plan should outline all goals and objectives, and who will be responsible for each area of the plan
- The Plan should always take into consideration the strengths and interests of the individual
- Natural and community supports should be used whenever possible building a bridge to inclusion and support for the individual.

### A quality person centered plan:

- Builds on strengths, gifts, skills, and contributions
- Supports personal empowerment
- Identifies an individuals hopes, goals, and aspirations
- Is the framework for providing services
- Creates community connections
- Creates a lifestyle that promotes dignity and interdependence
- Honors the culture, ethnicity, religion and gender of the individual
- Supports partnerships between families and providers/professionals
- Meet needs
- Uses various system resources
- Provides meaningful options
- Honors goals and aspirations

#### Sources:

NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services  
Person-Centered Plan Instruction Manual – (Revised) 7/11/07  
<http://www.dhhs.state.nc.us/mhddsas/training/access-care/pcp-instruction-manual7-11-07.pdf>

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