

Discuss supports

Discuss supports and services important for the family. These might include:

- Assistance with behavior issues
- Family time away from the child for relief from ongoing supervision and care (respite)
- Involvement in parent support groups
- Parenting education

After the meeting

The Regional Center service coordinator will write the IPP and give a copy to each member of the team. The plan will focus on choices the consumer and family have made, and, on necessary services and supports.

The IPP will be reviewed at least once a year. If any part of the plan isn't working, the team must change the plan. Call your service coordinator if the plan requires changes.

Time table

The first IPP meeting will take place within 60 days of eligibility for services.

- The IPP team will review the plan at least once a year.
- An IPP meeting is scheduled within 30 days of request from consumer or family.
- If the planning team members do not reach an agreement on issues during the IPP meeting another meeting will be held within 15 days.
- The IPP document will be mailed to team members within 30 days of the IPP meeting.

Questions?

If you have any questions, do not hesitate to ask your service coordinator. You may also want to visit the NLACRC Web site at www.nlacrc.org or the Department of Developmental Services (DDS) Web site at www.dds.ca.gov for additional information.

Resources

North Los Angeles County Regional Center (NLACRC) has a library with books, DVDs, videos, and many other resources. The Van Nuys library has a computer lab with Internet access and special software programs including Dragon Naturally Speaking, Kurzweil 3000, ZoomText, and Inspiration. Please call to schedule your visit.

About NLACRC and the Lanterman Act

NLACRC is a nonprofit corporation that provides case management and access to a full range of effective services for persons with developmental disabilities (consumers). These high-quality services are provided in a cost-effective manner. The center operates under a contract with the State of California Department of Developmental Services.

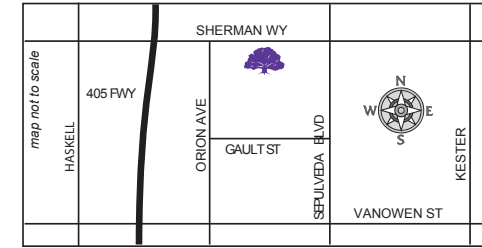
In accordance with the Lanterman Act, NLACRC provides assistance in accessing services and supports for consumers and their families. The Lanterman Act is the law in California that says people have the right to services and supports as determined through the IPP process and based on individual needs and preferences. Services and supports help to expand consumer opportunities and choices in the community. The intent of this law is to empower consumers so that they may lead lives similar to those of people without disabilities.

You can view the Lanterman Act on the DDS Web site at www.dds.ca.gov.

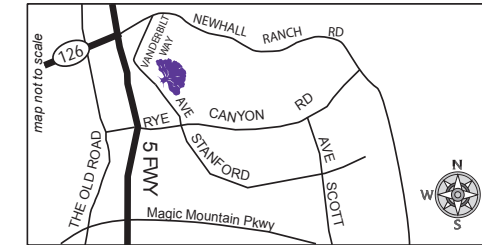
Be sure to visit the NLACRC Web site for current news and information.
www.nlacrc.org

NLACRC Offices www.nlacrc.org
Business hours: Mon.-Fri., 8:30 a.m. - 5 p.m.
Library hours 9 a.m. - 4 p.m.
Closed on Sat. & Sun. and major holidays

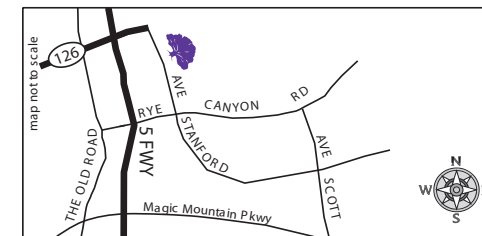
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24-hour / after-hours phone line (818) 778-1900
Urgent issues only. Medical emergencies dial 9-1-1

Person-Centered Planning

A Guide
For Families



resources

NorthLosAngelesCountyRegionalCenter

What is person-centered planning?

Person-centered planning is about supporting persons with developmental disabilities (consumers) to make their own choices. It's about creating an **Individual Program Plan (IPP)** to help consumers achieve their goals and to live the life the way they choose.

About the IPP

The IPP is a plan that discusses the choices consumers and their families make about their lives. It includes:

- Choices for living arrangements
- Choices for daily activities
- With whom the person wants to spend time
- Hopes and dreams for the future
- Providers for services and supports
- Funds for services and supports

The plan has five basic parts that work together. They include:

1. Goals - things people want to achieve in the next few years
2. Objectives (outcomes) and action plans - steps and dates to achieve goals
3. Family component - supports needed to make sure consumers can continue to live with their families, if they wish
4. Schedule of services and supports - identifies services and supports and describes how they will help the consumer. The schedule lists appropriate service providers and discusses who will provide funding. The plan also covers who will monitor expectations for measurable outcomes.
5. Review schedule - dates on which the planning team will evaluate IPP progress

It's about helping consumers live life the way they choose.

IPP planning team

A planning team helps to create the IPP. The consumer and, when appropriate, the family decide who will be on the planning team.

The team must include:

- The consumer
- The Regional Center service coordinator
- Family members (if the consumer is under 18 years old)
- The authorized representative (if applicable)

The planning team may also include:

- Family members (if the consumer is over 18 years old)
- Anyone else who is important to the consumer

A consumer's **"circle of support"** consists of people chosen by the consumer and/or family. These people know the consumer well, care about him or her, and want to help. Planning team members are usually also members of the consumer's circle of support.

A strong circle of support is especially important when a consumer is unable to speak for himself or herself. The group must spend time to learn what is important to the consumer.

What to do before the meeting

Preparing before the IPP meeting is important for the consumer and his or her family.

Think carefully about:

- Hopes and dreams for the future
- Hopes and dreams that have or have not come true
- The home where the consumer wants to live
- Activities the consumer wants to do each day
- With whom the consumer wants to spend time
- Things the consumer likes to do
- Help and support the consumer and family want and need
- Things that concern the consumer or family
- Things that are difficult
- Things that are working

Decide on the IPP planning team

Remember, the planning team works together to create the IPP.

Collect important information

It is important to gather some information to bring to the IPP meeting. This information will cover the consumer's:

- Dental health
- Education
- Finances (SSI, SSA)
- Insurance (MediCal)
- Medications
- Mental health
- Physical health



Learn about opportunities

Visit our Resource Library or contact your service coordinator to learn about service and support options including those for:

- Education
- Employment
- Family support
- Housing
- Recreation
- Self-advocacy

During the meeting

During the meeting the consumer and family will describe the consumer's wishes, hopes, dreams, and goals. The IPP planning team should listen and support the consumer's choices.

Discuss goals

Be specific when discussing the consumer's and family's goals. Some examples include:

- "Patty wants to live in her own apartment."
- "Carlos wants to learn how to ride the bus."
- "Sharon wants to meet new friends."

Visit our Resource Library to learn more about services and supports.

www.nlacrc.org