
A Definition of Person-Centered Planning

Person-centered planning means the treatment you receive will be made up of activities which you think will help you meet your goals. This process will determine the supports you want or need to reach your desired future. The staff involved in your treatment will encourage input from you about these supports, the progress you have made and any changes you think would make your treatment better.

The Four Basic Parts of Person-Centered Planning

1. Identifying the future you desire.

It is up to you to choose the people who will help you plan your future. You will be a part of deciding what information is, *or is not*, shared at the meeting. You will be able to choose, within reason, the times and place you want to have the meetings to plan your treatment, to decide what is talked about and how long the meeting will be.

2. Planning the future you desire.

Meetings which are held to plan for your future will attempt to discover what is important to you, to share information about your abilities, strengths, and skills, to learn about your needs and to decide which of your desired goals will be achieved in the short-term and which will need to be long-term. Then, you and the support team will determine how to reach these goals.

3. Finding the supports and services you may need to achieve your desired future.

You will be able to use the resources in your network of family, friends, your community, and the public mental health system which might be available to assist in achieving your desired outcomes. You will be able to choose, from available resources, the supports and services to be delivered, and help decide who will do what, when, and how.

4. Getting feedback on your treatment regularly to determine how to make the supports and services work better for you.

It is important for you to check with someone about your progress. This should be done by talking with your case manager about how supports and services are being delivered, your satisfaction with their delivery, and progress towards desired goals/outcomes. Regular review dates will be scheduled with you at the time of your initial Individual Plan of Service (IPOS) and then at least annually after that. In all cases, if you have a question, you should not hesitate to contact your worker or therapist.

Questions and Answers About Person-Centered Planning:

Who should attend the person-centered planning meeting?

You, your legal representative (a parent if you are a minor, or guardian) and your case manager.

Who also might be included?

You may want to invite family members, therapist, friends, staff, and other people who know you well and with whom you feel comfortable sharing personal information. Your case manager may also suggest inviting a nurse, therapist, or direct care staff, who has information to help in planning and decision making.

Are there limits to person-centered planning?

Person-centered planning does not guarantee that the supports, services, treatment, the amount of them you might like to have, can be provided by the public mental health system. What is actually provided by the public mental health system will depend upon the available resources (such as funding and staffing), rules and regulations that govern the program or funding system, and/or the judgment of the program administrator as to feasibility, appropriateness, and safety of such support, service, or treatment.

**Services available from NSO/ OAS
to assist you in reaching your
desired future:**

- Evaluation and Planning
- Information and Referral
- Guardianship Assistance
- Residential Placement Referrals
- Crisis Intervention and Stabilization
- Supports Coordination
- Individual Therapy
- Behavioral Interventions
- Psychiatric Services
- OBRA/PASRR Services for Nursing Home Residents
- Specialized Residential Program
- Case Management
- Occupational Therapy

Second Opinion/Reconsideration

If you were referred outside of the DWMHA system after a face to face assessment, you have the right to apply to Neighborhood Service Organization/Older Adult Services for a second opinion/reconsideration review. To request a second opinion/reconsideration review, please contact the NSO Recipient Rights Advisor, **Chris Forry** at **313 961-4890** (who will assist you in completing all forms).

YOUR RIGHT TO PERSON- CENTERED PLANNING

*How this affects your services
from NSO/Older Adult
Services*

**Neighborhood Service
Organization**
882 Oakman Blvd, Ste. D
Detroit, Michigan 48238

**PLEASE KEEP THIS DOCUMENT FOR
YOUR RECORD**