

## HOW CAN YOUR CARE MANAGER HELP?

*Your care manager has received special training in person-centered thinking and planning to:*

- Assist with setting up appointments and person-centered meetings
- Help guide you through the discovery of your needs and wishes
- Organize information from your planning meeting and help you develop your person-centered plan
- Help you resolve challenges that prevent you from living the lifestyle you choose
- Provide you and the people you choose a copy of your plan
- Make changes to your plan upon your request



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The Learning Community  
for Person Centered Practices  
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## Person Centered Planning

*Services and supports that meet your needs—the way you choose.*

## WHAT IS PERSON-CENTERED PLANNING?

Medical care addresses only a part of a person's needs. Person-Centered Planning uses a more personal approach. We get to know who you are first, so we can better support your needs.

Person-Centered Planning is a process, directed by you and the people you choose, to help identify your strengths, preferences and needs so you can develop a plan that describes what you want and need to live your life the way you choose.

## HOW DOES IT WORK?

First, you choose whom you want to participate in your person-centered team. Family members, friends, your doctors and others who know about your life are all good people to consider.

Once you put your team together, you will schedule your Person-Centered Planning meeting at a time and place that works best for you.

You will have as much control as you want, and you can get help from the people you want. And while the choice is yours, a case manager will be there to help guide you through the process.

## What happens during the Person-Centered Planning meeting?

... You and your team will **talk about things that are most important to you** such as...

- Where do you want to live?
- Do you want to work or volunteer?
- Whom do you want to spend time with?
- What activities do you like?
- How do you want to manage your health issues?

... Your case manager will also **complete an assessment** to see if you have any limitations that may require assistance.

... You and your team will work together to **develop a plan to help you live life the way you want to.**

## Your Person-Centered Plan will contain:

- ✓ Information about your lifestyle choices, any risks or challenges you may have with those choices, and a plan to overcome those challenges
- ✓ Your chosen goals and who will help you work toward achieving your desired lifestyle
- ✓ A list of services you are or will be receiving, your choice of how those services are delivered, and how each service will help you reach your desired outcomes

**There is a backup plan** in case your provider fails to arrive and an emergency plan for natural disasters.

**Once your plan is developed** you and the people you chose to help you will receive a copy.

**Since this is a plan about you, it can be changed at any time!**

## Do you have more questions?

No problem! Visit [HealthPlan.com](http://HealthPlan.com)

