



Person-Centered Planning: Many Circles



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[Singalong!](#)

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Many Circles: Circle of Support



YouTube Video: [Person Centred Planning – Part 3 The Circle of Support](#)

Using Circles: Identify areas of focus for PCP

1. Does our friend spend most of his/her time participating in the community with **a few friends** or a large group?
2. Does our friend choose what to do, where to go, and **with whom to spend time**?
3. Do our friend's activities revolve around his/her interests?
4. Is our friend known in his/her community?
5. Is our friend known in his/her community?
6. Is our friend participating in community activities?
7. Is our friend learning skills that will enable participation in and contribution to his/her community?
8. Does our friend have **friends in his/her community**?

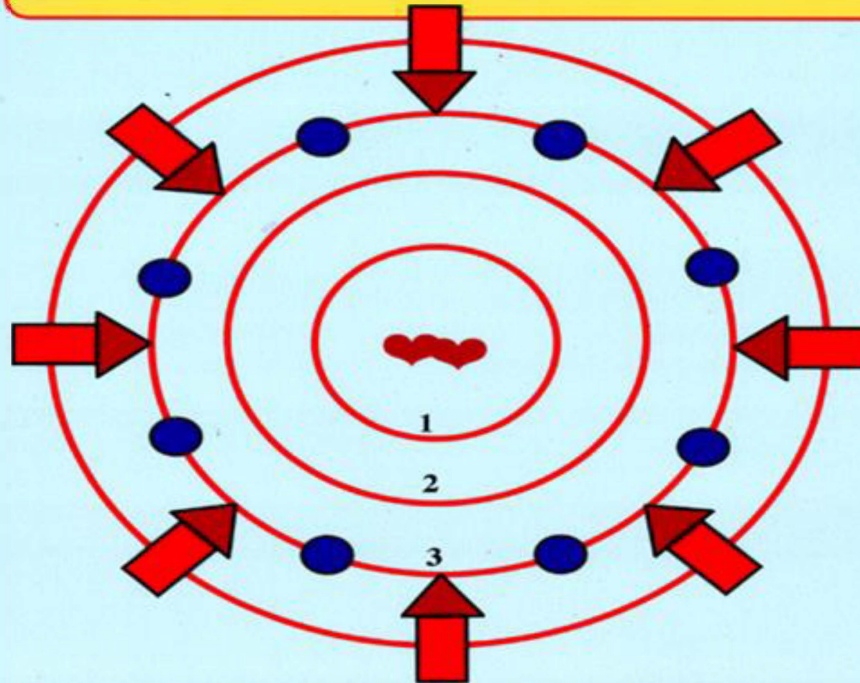
(Holburn et al., 2007)

Instructions for Circle of Support

- First Circle: The Circle of Intimacy
 - Those you cannot imagine living without.
- Second Circle: The Circle of Friendship
 - Those who almost made the first circle.
- Third Circle: The Circle of Participation
 - Those people, organization, and networks you are involved with.
- Fourth Circle: The Circle of Exchange
 - Those people paid to be in your life.

Circle of Support (Friends)

Fill Circles from the OUTSIDE - IN

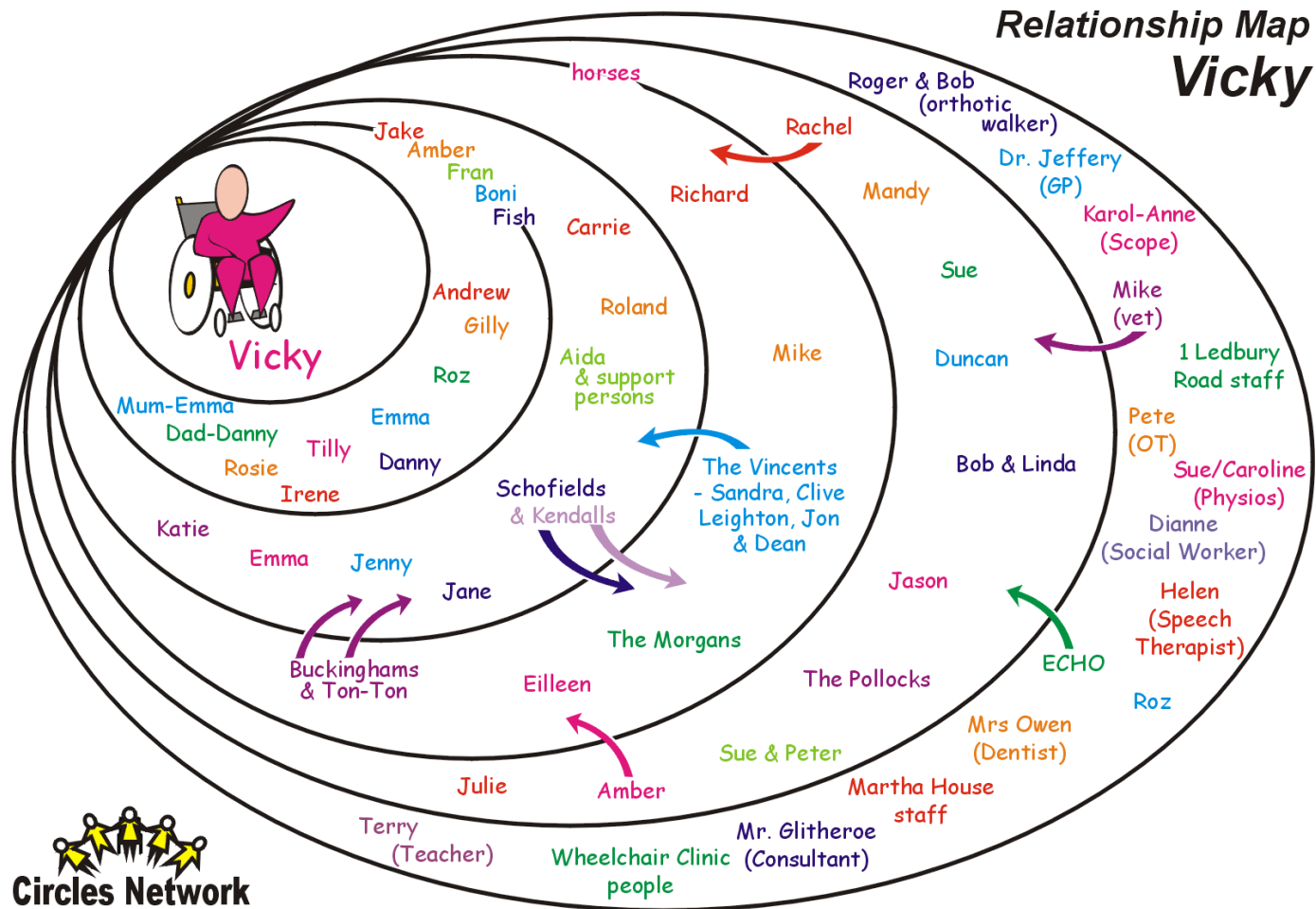


First Circle: Circle of INTIMACY
Second Circle: Circle of FRIENDSHIP
Third Circle: Circle of PARTICIPATION
Fourth Circle: Circle of EXCHANGE

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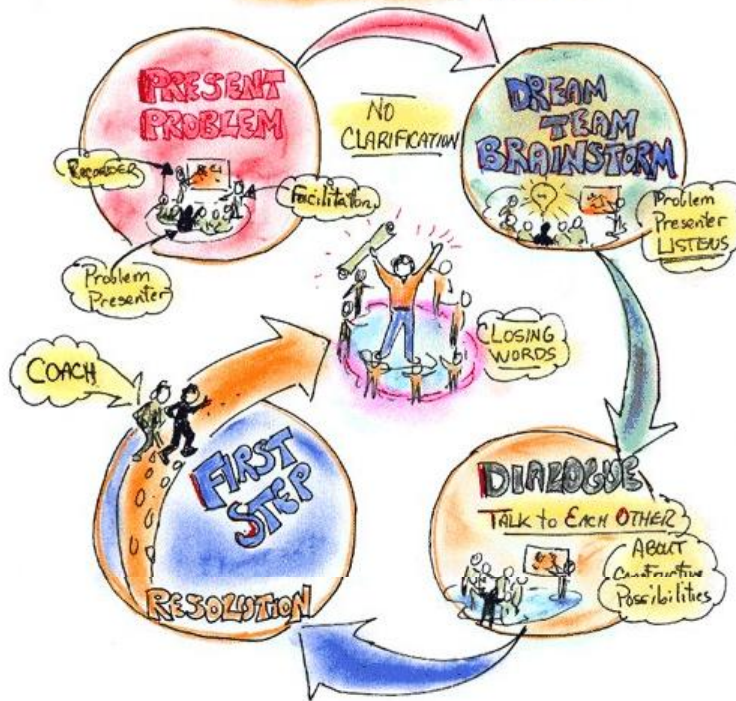
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Relationship Map



SOLUTION CIRCLE

GETTING UNSTUCK



SOLUTION CIRCLE
Getting Unstuck A Creative Problem Solving Tool

Step One: (6 minutes)

The **problem presenter** will have 6 uninterrupted minutes to **outline the problem.**

Step two: (6 minutes)

This is a brainstorm. Everyone chimes in with ideas about creative solutions to what they just heard.

Step 3 :(6 minutes)

Now the group can have a dialogue led by the problem presenter.

Step 4: (6 minutes)

The focus person and the group decide on first steps that are doable within the next 3 days. At least ONE step should be initiated within 24 hours.

MAPS: Making Action Plans

The focus person is represented by the symbol of a heart (Pearpoint, 1992).

Eight flexible steps.

YouTube Videos:

[Using a MAP](#)

[Kayden's MAP](#)

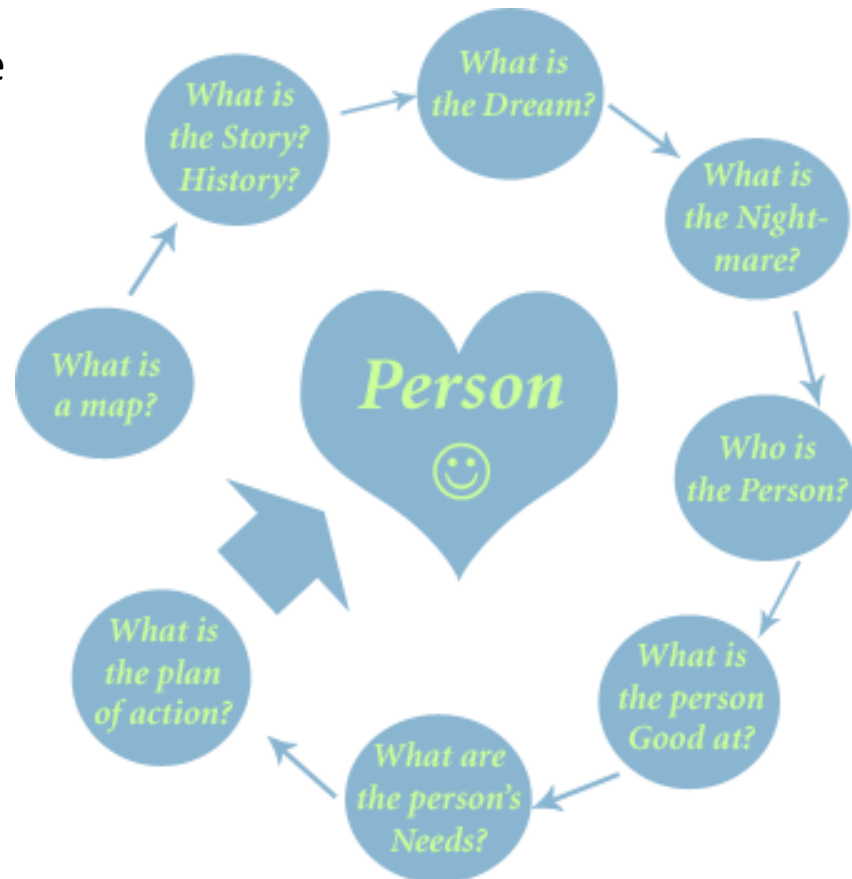
For more information

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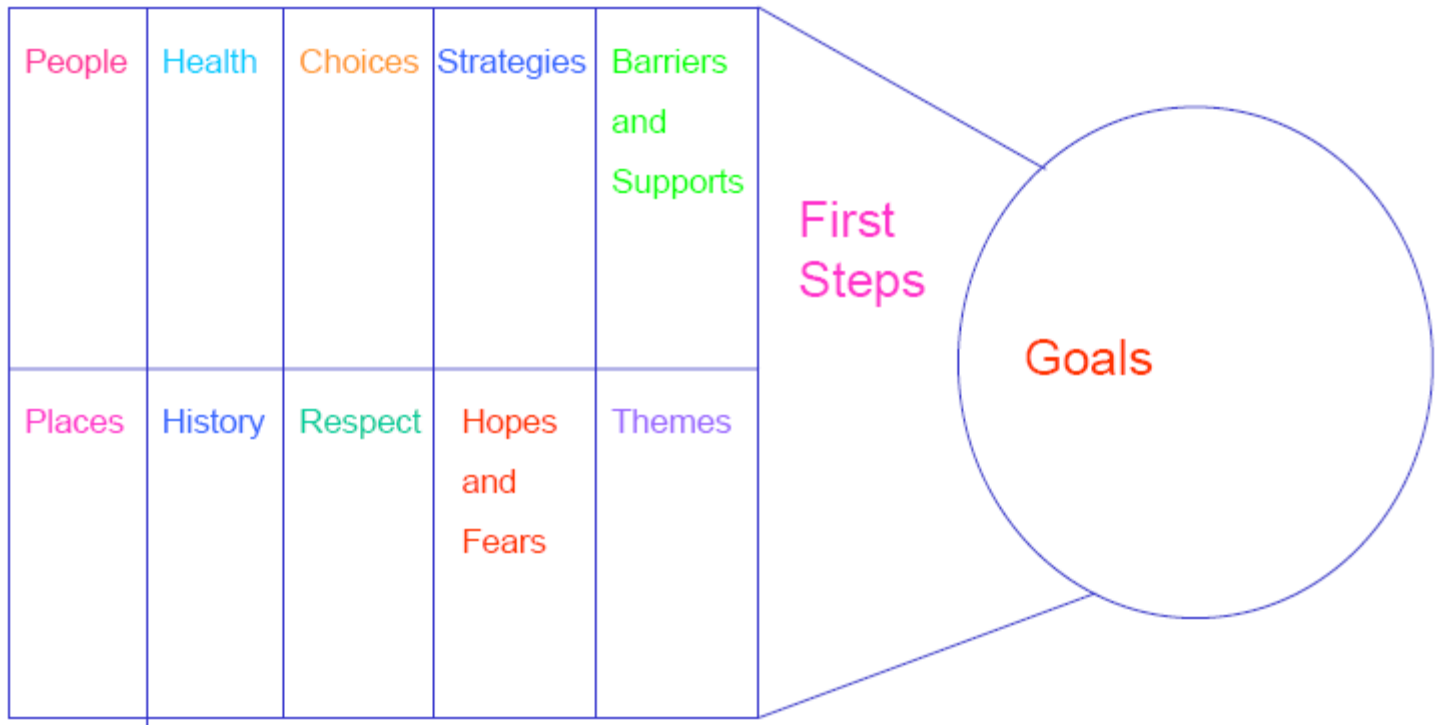
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Florida's Positive Behavior Support: Response to Intervention for Behavior Project at USF

Person-Centered Planning Process



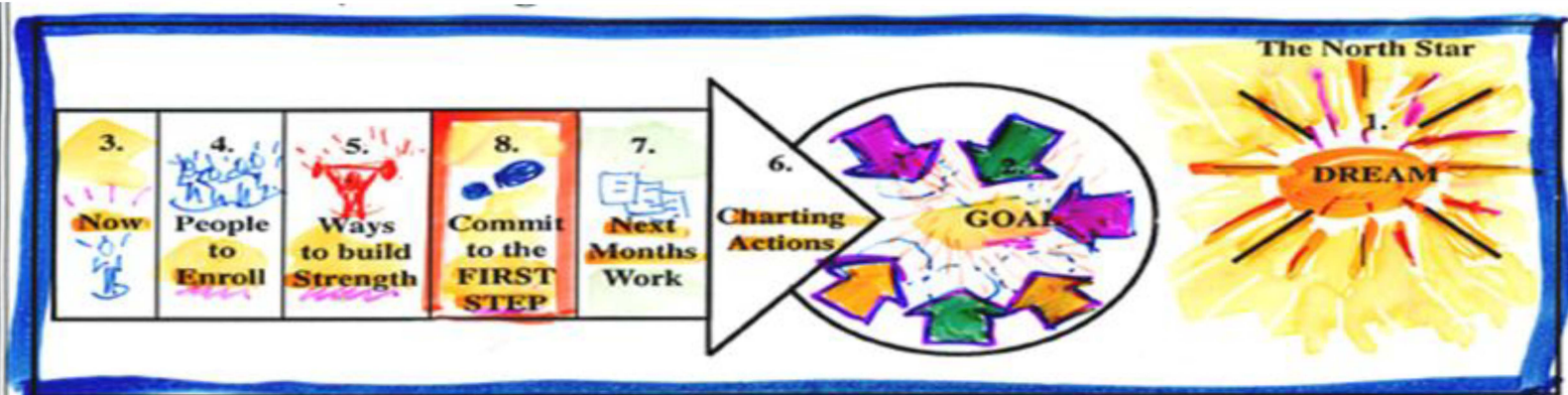
PATH: Planning Alternative Tomorrows with Hope



1. Now
2. Enroll
3. Growing stronger
4. First steps
5. Next steps
6. Positive & achievable goals
7. DREAMS

www.youtube.com/watch?v=U5uRV5chkwQ

Part 5: Action Planning with PATH



YOUR PATH

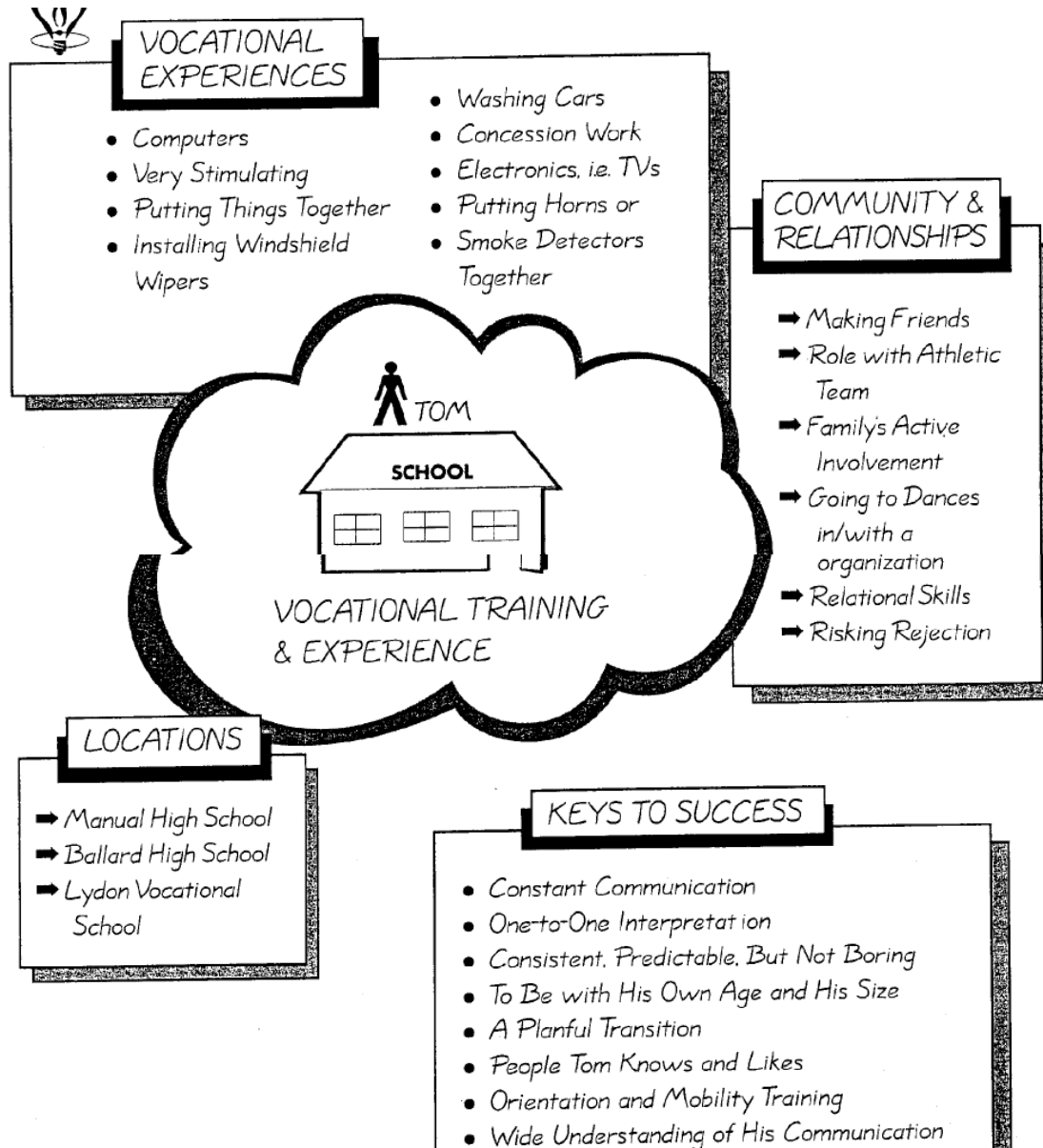
A focused Planning Process

Steps

Situate yourself in a very positive future, picture it clearly, then think Backwards.

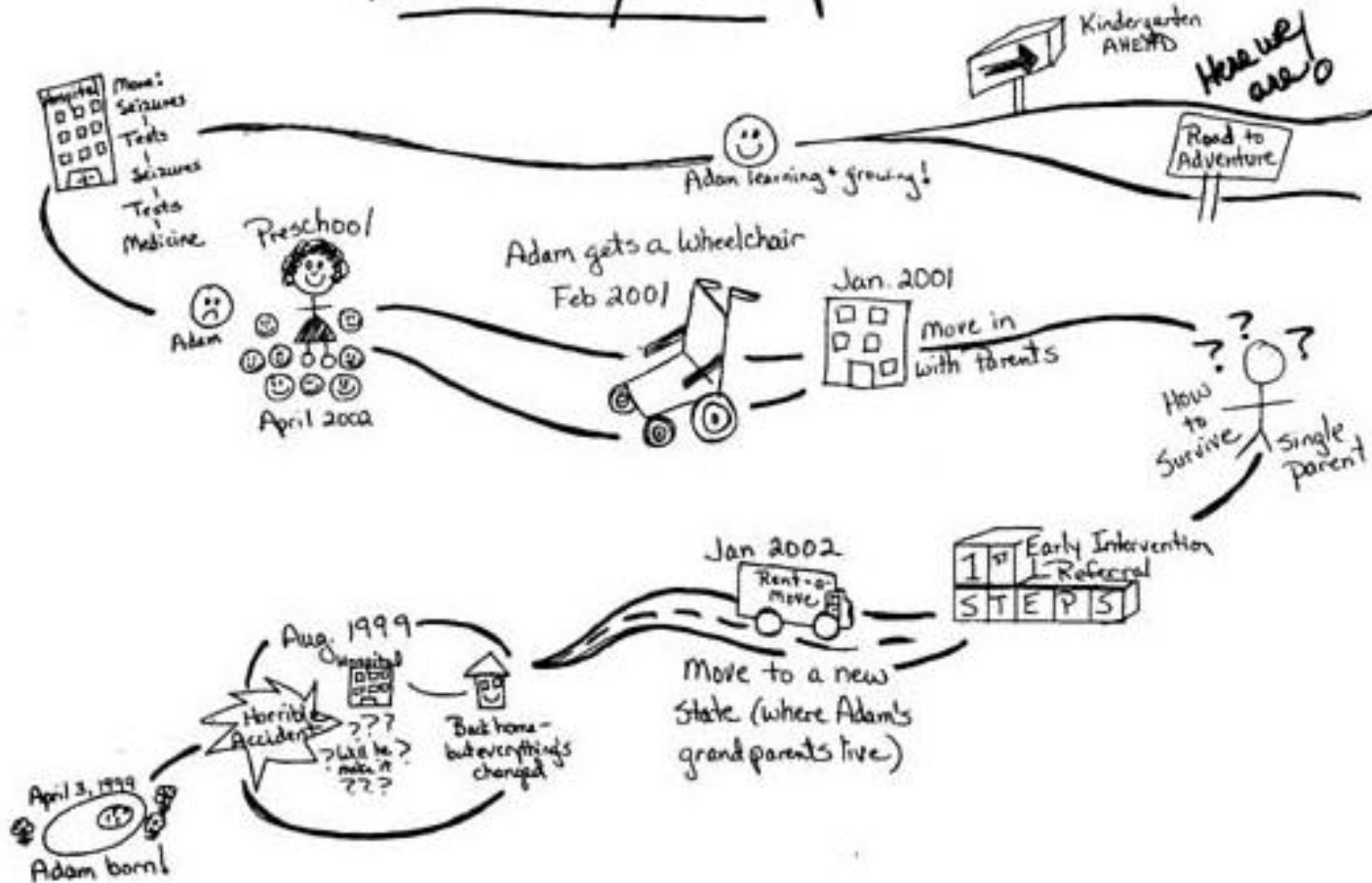
1. Touching the Dream (the North Star).
2. Sensing the Goal: Focus for the next year.
3. Grounding in the Now: Where am I/are we?
4. Identifying People to Enroll on the Journey.
5. Recognizing Ways to Build Strength.
6. Charting Actions for the Next few Months.
7. Planning the Next Month's Work
8. Committing to the First Step (the Next Step)
(Including a Coach to Support your First Step)

Morningstar, M.E. (2003). Individualized planning for adulthood: Using person-centered planning for transition. University of Kansas. www.transitioncoalition.org



From Indiana Deaf-Blind Services Training Module

History Map



NIGHTMARES

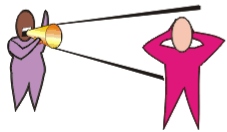
Being disorientated in a strange place with no-one around that he knows



Constant and sudden changes of routine



People talking AT Jonathan and making demands without making any attempt to communicate in a way that he understands



Life without music or TV



Nothing to do at school



Having to wait a long time for something Jonathan wants to do



A constant switching of people looking after Jonathan



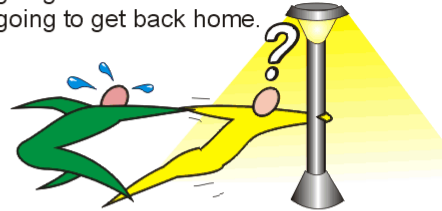
Not having the opportunity to go outside at least once a day



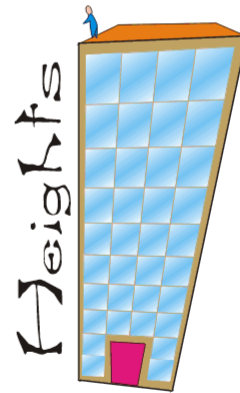
Jonathan being in a situation and not knowing how to react - ie. in the company of attractive females



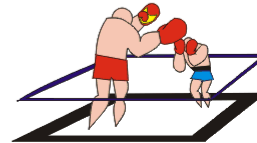
Having no explanation of where Jonathan is going, how long he's going to be there and how he's going to get back home.



Heights - being stuck somewhere high!



Witnessing real violence!



A fireworks display



No human contact at all

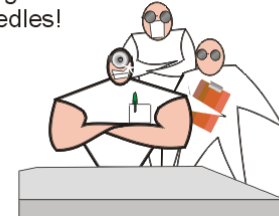


? Jonathan not knowing when he is next seeing his family?

Being ignored for long periods of time



Going to the doctors/dentist/hospital - needles!



Not having space and freedom of movement in his own house



From <http://www.inclusive-solutions.com>



All About me: This excellent booklet has been written by a young person from Scotland with help from those who know him best, starting with his family.

Person-Centered Planning Resources

From the FOP library:

Amado, A. N. and Mc Bride, M. (2001), *Increasing Person-Centered Thinking: Improving the Quality of Person Centered Planning: A Manual for Person-Centered Planning Facilitators*. Minneapolis, Minnesota: University of Minnesota, Institute on Community Integration.

Also available from <http://rtc.umn.edu/docs/pcpmanual1.pdf>

Holburn, S., Gordon, A., Vietze, P. M. (2007). *Person-centered planning made easy: The PICTURE method*. Baltimore: Brookes.

Person-Centered Planning Resources

From the FOP library:

- Pearpoint, J., O'Brien, J., & Forest, M. (2008). PATH: A workbook for planning positive possible futures for schools, organizations, businesses, and families. Toronto, Canada: Inclusion Press.
- O'Brien, J., & Pearpoint, J. (2007). Person-centered planning using MAPS & PATH: A workbook for facilitators. Toronto, Canada: Inclusion Press.
- Mount, B., & Zwernik, K., Reprinted by Minnesota Governor's Planning Council. (1989). It's never too early, it's never too late: A booklet about personal futures planning.