Welcome to the

Green Mountain Self-Advocates

Person Centered Planning Training: What is a Good Life and Building a Circle of Support

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

1

What This Training Is About: What is a Good Life and Building a Circle of Support

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

2

What is a "Good Life?"

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

3

A Person Centered Plan Should Always Start With the Big Picture

Different people call this different things:

- "The Dream, The Vision"
- "The Good Life"

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

4

Video link: A Good Life –
Having a Goal and Following Your Dreams

https://youtu.be/WG4eHqROG4k

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

5

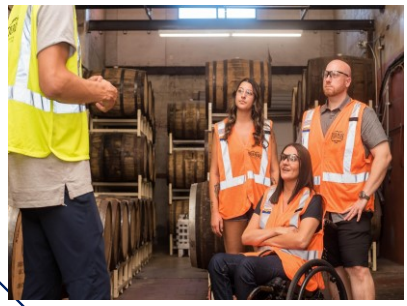
Things That Are Part of a Good Life

1. Making your own decisions
2. Having your own home
3. Staying healthy and safe
4. Being close to your family (if you want to)

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

6

Things That Are Part of a Good Life



5. Friends
6. Having a job or career that you like
7. Being part of your community
8. Having the help you need to tell people what you think

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

7

So, what is a "Good Life" for YOU?

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

8

Things To Think About #1

Person Centered Planning is about sharing the dreams you want to happen in your life.

- A Person Centered Planning session is a chance to dream about what you want to happen in your life.
- It is also a chance to get other people to help you reach your goals and dreams.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

9

Break Out Room Session #1 (12 min):

(Please remember that what happens in the breakout room stays in the breakout room. Please respect your colleagues' privacy).

In this breakout room, we want you to share and describe the picture you drew of your perfect day. You can share it by holding it up to your webcam.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

10

What is a Circle of Support?

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

11

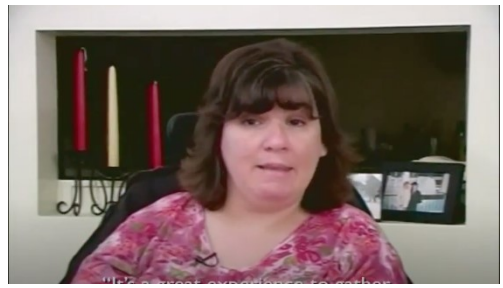
Why is it Important to Have Additional People Come to the Person Centered Planning Meeting?

- If only paid professionals are at your meeting, the focus will be on how they give you services. BUT our lives are more than just what we do when we have staff with us.
- A Person-Centered Plan is about your whole life.
- When you invite other people, you will have more people who understand you and what a good life means to you. You will increase the number of people who support you having a good life.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

12

Your Circle of Support



https://youtu.be/v40bmbOq1yM

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

13

How Are Bigger Groups Helpful?

Bigger groups are helpful for three reasons:

First, a bigger group is more likely to know about opportunities that are available outside of what an agency does..

Second, a bigger group of people has more ideas, money, time, and other things that can help YOU.

Third, a bigger group of people is more likely to be part of groups in the community where YOU can show what you are good at. Connect you to places where you can make difference.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

14

People to Think About Inviting to the Person Centered Plan

Other family members, grandparents, family like your parents, brothers and sisters, and friends.

Past teachers, former staff people, next door neighbors, former workers.

Religious and Church members, community groups, banker.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

15

Who Do You Know?

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

16

Things To Think About #2

Person Centered Planning helps people start new relationships and help old ones grow stronger.

Paid services and supports sometimes make it hard to keep relationships that are important to us. They can make it hard to start new relationships.

Family members, extended family members, neighbors, schoolmates, co-workers and other people we know help us get the things we need in life.

Think about people in your life you trust. Decide if you want them in your circle.

Some people may need help to start new relationships and keep them growing strong.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

17

Break Out Room Session #2 (10 minutes):

During this second break out room…
Think about someone you trust. Someone you would like to help you with your goals and dreams.

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

18

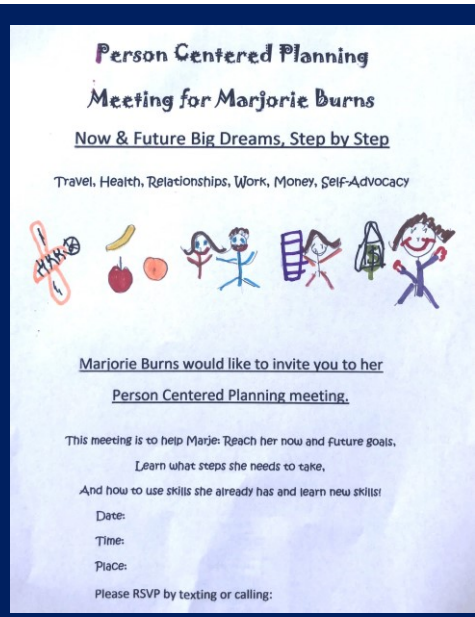
Who Should Send the Invitation to the Additional People Who Will Be Invited to the Person-Centered Planning Session?

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

19

Homework

Make an invitation that you could use to invite people to your own Person Centered Plan. You will share your invitation in next week's breakout session.


Person Centered Planning

Meeting for Marjorie Burns

Now & Future Big Dreams, Step by Step

Travel, Health, Relationships, Work, Money, Self-Advocacy

Marjorie Burns would like to invite you to her

Person Centered Planning meeting.

This meeting is to help Marje: Reach her now and future goals,

Learn what steps she needs to take,

And how to use skills she already has and learn new skills!

Date:

Time:

Place:

Please RSVP by texting or calling:

© 2021 Ruthie-Marie Beckwith and Mark Friedman in collaboration with Green Mountain Self-Advocates

20

21

Photo credits:

www.freepik.com
https://pixabay.com/
www.upsplash.com
https://www.istockphoto.com/

22