



# Welcome to the Green Mountain Self-Advocates Person Centered Training: Don't Wait for Another Service Meeting

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## What This Training is About: Don't Wait for Another Service Meeting

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## Let's Review

What Have We Learned So Far?

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## How is Person-Centered Planning Different from Service Planning?



### Person Centered Planning

- Expands choice-making
- Gets more people involved like family, friends and community members
- More people can help you reach your goals and dreams

### Service planning tends to limit:

- Discussion to the service system
- The number of people invited
- The number of helpers to people who are paid

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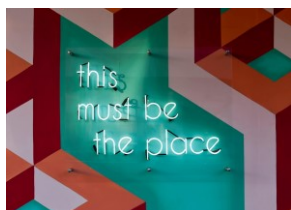
## Part 1 Have a Prep Meeting

This is at time to plan what will happen in your big meeting.

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## What Do You Do at the Prep Meeting?



**1. Talk about where and when you want your big meeting to happen**



**2. Talk about who you want to invite to your big meeting**



**3. Make your invitations**

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# What Do You Do at the Prep Meeting?



## 4. Review your One-Page Profile



## 5. Talk about making people feel welcome



## 6. Talk about the agenda for the meeting

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# What Do You Do at the Prep Meeting?



## 7. Talk about what you need help with to run your person centered planning meeting.

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## Part 2: Let's Meet

Make sure you have everything you need get started!

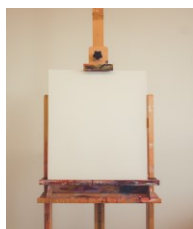
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# What Do You Do at the Prep Meeting?



**1. Make sure things are ready to go before people show up for the meeting**



**2. Get your paperwork together**



**3. Welcome Everyone!**

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# What Do You Do at the Prep Meeting?



**4. Review Your One-Page Profile**



**5. You share your dreams first**



**6. You share your goals next**

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# What Do You Do at the Prep Meeting?



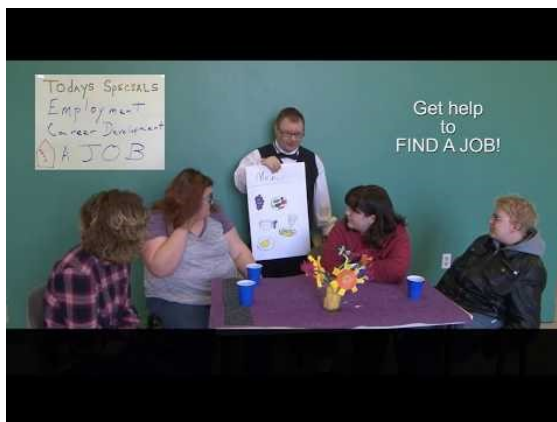
**7. Get people to sign up to help!**



**8. Plan for the follow up meeting!**

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## FAQs about Individual Service Plans

<https://www.youtube.com/watch?v=AuGghv3pvjM>

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# Things to Think

## About #1

**A Service Plan Meeting is Supposed to Be Person Centered**

Person Centered Planning Meetings are supposed to be person centered. There are different ways to do a person centered meeting but they ALL talk about dreams and goals that you have for yourself. They ALL talk about how you can get the help you need to reach your dreams and goals.

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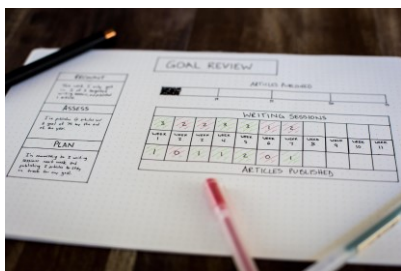
**Break Out Room Session #1 (15 min):**  
**(Please remember that what happens in the**  
**breakout room stays in the breakout room.**  
**Please respect everyone's privacy).**

During this first break out room...  
 Share the dreams and goals that you made for the  
 homework assignment.

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## Why is a Follow-Up Meeting Important?



1. Every time your Circle of Support meets, it is a chance for everyone to get to know each other better.
2. When people agree to help you it is important to give them a chance to share the progress you have made.
3. Sometimes you need to change what you are doing to reach your goal.
4. Sometimes you need to let your Circle know you have changed your mind and want to work on something different.
5. Sometimes a new opportunity has come up and you want to work on that, too.

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# Why is a Follow-Up Meeting Important?



## 1. Welcome Everyone



## 2. Put Your Dreams, Goals, and Steps Sheets on the Wall



## 3. Talk About Progress

- What has happened since the last meeting?
- What is working?
- What is not working?

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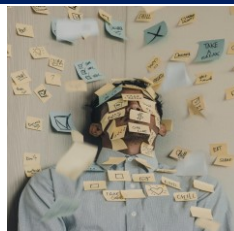
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# Why is a Follow-Up Meeting Important?



## 4. Talk About New Ideas or Changes

- What needs to be changed?
- Are there new things or steps to add?



## 5. Make Sure Everyone Has a Job to Do

- What can happen if one person wants to do all the work?



## 6. Set Another Day and Time to Meet

- How often does the Circle need or want to meet?

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# Why is a Follow-Up Meeting Important?



**7. Celebrate Your Accomplishments and Thank Everyone for Coming!**

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## Things to Think About

### #2

**People feel honored and grateful when they are asked to help.**

Asking for help is difficult for everyone. But when you ask someone for help, it makes them feel good and important to you. Sometimes people say they will help but don't end up helping. That is okay, just ask someone else to help instead!

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**Break Out Room Session #2 (15 min):  
(Please remember that what happens in the  
breakout room stays in the breakout room.  
Please respect everyone's privacy).**

During this first break out room...  
What is the most important thing you learned over  
the past 4 weeks?

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