

MAKING IT HAPPEN

A KEY TO YOUR FUTURE
Your Person Centered Plan
A Book for Adults





CONTENTS

INTRODUCTION	3
SECTION 1 What Is Harbor Regional Center (HRC)	5
How Can Harbor Regional Center Help Me?	5
What Is An HRC Service Coordinator?.....	8
SECTION 2 About Your Plan	9
Why Is It Helpful To Have An Individual Person Centered Plan (IPP)?.....	9
What Might Be In Your Plan?.....	10
Who Will Help You With Your Plan?	12
SECTION 3 Getting Ready For The IPP Meeting	13
What Are Some Things You Can Do Before The Meeting?.....	13
What Happens In The Planning Meeting?	14
SECTION 4 Living With The Plan	15
What Happens After The IPP Meeting?	15
What If You Are Not Satisfied With The Plan?.....	17



This book will tell you about the plan. The plan will help you reach your life goals.

WHAT IS THIS BOOK ABOUT?

This book is about the Individual Person Centered Plan (IPP) and the planning process. The IPP is a guide to help you think about what you want to do in your life. This book may help you understand more about the IPP and how to get ready for the meeting. You might want to include other people to help you with your plan. We encourage you to invite anyone you think can help with your plan and this group will be your planning team. This book will give you some tips that might help you decide who you want to have on your team.

This book includes a workbook for you to use to get ready for the meeting where you will develop your plan. The workbook is called **Planning For Your Future**. The workbook has some questions that might help you think about your future and things to include in your plan.

We hope this book and the workbook will help you make decisions about your future.



WHAT IS HARBOR REGIONAL CENTER?

How Can Harbor Regional Center Help Me?

HRC is here to help you do two very important things.

The first is to help you be an active member of your community by participating with your neighbors and others in all of the things that interest you. For example:

- HRC might be able to help you get and maintain a job;
- HRC might be able to help you get around in your community by public transportation or learning to drive;
- HRC might be able to help you find a place to live and even help you find a roommate; and
- HRC might be able to help you take part in social activities you enjoy.

The second important thing HRC can do is help you make choices about how you live your life.

That's what the IPP is all about. When you make your plan, you will have a chance to talk with all the people who support you, your team, about your hopes and dreams. Team members will help you:

- Identify what you want your life to look like;
- Clarify your likes and dislikes;
- Decide who is important in your life;
- Decide what you want to do (set goals); and
- Figure out what supports you will need to reach your goals.

*The Regional Center helps open doors
for people with a disability.*



What Is An HRC Service Coordinator?

Your main contact at HRC is your service coordinator (SC). This is the person who helps you develop your individual person centered plan and supports you to reach your goals.

You can call your service coordinator if you are having problems or if you need something. You may also call your SC if you have something you want to talk about. If your service coordinator is not available, there is always someone at HRC who can assist you.

SECTION 2

*The plan
tells you
how to
find your
way to your
goals.*

ABOUT YOUR PLAN

Why Is It Helpful To Have An Individual Person Centered Plan?

A plan helps answer the questions: ***What future do I want for myself and how do I make my future happen?*** (Think of your future as how you will be living your life in one, five or ten years).

Also, you are more likely to accomplish your goals if they are written down. After your planning meeting we will make sure you have a copy of the plan so you can look at it at any time.

What Might Be In Your Plan?

The plan is about you and what you want your life to look like. Your IPP talks about all areas of your life. It may include things about:

- **Your family and other people who are important to you**
- **Your home** (where you live and who you live with)
- **Your school, work or whatever you do during the day**
- **Your health** (whether you feel well, get sick often or have medical problems)
- **The fun things you do with family, friends and neighbors**
- How you manage your **money** and pay for things

Your IPP also lists your goals. Goals say very clearly what you would like to be doing in the future. You decide what you want your goals to be.



The IPP also includes the services and supports you need to accomplish your goals. Your planning team can help you identify people like your friends or family members who might be able to help you accomplish your goals. The team might identify some services and supports that can be provided by staff who work for a specific regional center service provider. The team might know about other supports available in your local community. Your service coordinator and your planning team can help you identify all the supports you need.

Who Will Help You Write Your Plan?

You are the most important person on your team and you choose the other people you want to be on your team. For example, you might want to include your supported living worker, your job coach, your parent, brother or sister, or anyone else who is important to you. And your HRC service coordinator will always be there with you on your team too.

GETTING READY FOR THE IPP MEETING

What Are Some Things You Can Do Before The IPP Meeting?

Remember that the IPP meeting is your meeting. You are in charge! Because of this, before you go into the meeting, you might want to think about:

- Who you want to invite;
- When and where you want to meet;
- What you like about your life and if you would like to make any changes;
- What you like to do; and
- What might make your life better or more fun.

*Think about
what you
really want
to do with
your life.*

It might be helpful to complete the workbook called **Planning For Your Future** to help you think about things before your meeting. You might also ask someone to help you answer the questions. Be sure to share your ideas with your service coordinator. He or she can help you schedule your meeting and get ready. Remember, this is your meeting!

What Happens In The Planning Meeting?

You are the focus of your meeting. You and your planning team get together, share information and come to agreement on your goals for the upcoming year. You decide who is going to do what to help make your hopes and dreams happen for you.

LIVING WITH THE PLAN

What Happens After The IPP Meeting?

Your SC will write down everything you and your team decide and will make sure that you get a copy of your plan. The plan guides you and the people who are going to give you help and support. Your SC will make sure that the services and supports in your plan begin as soon as possible. The best thing is to keep in contact with your service coordinator to share how you are doing.

Your team will get together at least once each year to see how things are going and to make changes that you want. They will also make sure that the plan is really helping you do the things you want to do.

You may ask for a new plan at any time. You might ask for a new plan if something is not working for you. You may also ask for a new plan if you reach the goals that you and your team put in your plan, or if there is an important change in your life and your plan is no longer right for you.





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