






## Person Centered Planning Tool



**Member Name:**


**Care Manager Name:**



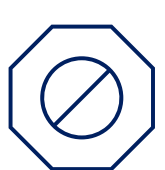
**Date Completed:**

### About Me





<p><b>What do I like about myself?</b></p> 	
<p><b>What do others admire about me?</b></p> 	
<p><b>What challenges impact me the most?</b></p> 	




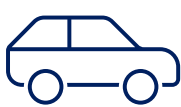
<p><b>How do I celebrate holidays and culturally important events?</b></p> 	
<p><b>How do I communicate?</b></p>  <p><b>What might someone new to my life need to know about how I communicate?</b></p>	





<p align="center"><b>My Goals</b></p> <p align="center">(including, but not limited to: health, fitness, relationships, friendships, advocacy, independent living, community involvement, education/employment)</p>	
<p><b>What goals do I have for myself?</b></p> <p><b>What would I like to get better at?</b></p> <p><b>What would I like to maintain?</b></p> 	

<p><b>What do I consider success with my goals?</b></p> 	
<p><b>What do I need/What support do I need to reach these goals?</b></p> 	
<p><b>What would stand in the way of me reaching these goals?</b></p> 	

<p><b>People who support me</b> <i>(family, friends, staff members, community members, etc.)</i></p>
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<p><b>Who supports me on a regular basis?</b></p>  <p><b>How does the person/people provide support?</b></p> <p><i>(attending meetings, emotional support, helps make decisions, provides support for daily hygiene/living tasks...)</i></p>	
<p><b>Do I have any pets?</b></p> 	
<p><b>People who support me should be...</b></p>  <p><i>(list of characteristics/qualities)</i></p>	
<p><b>I do not feel supported when someone...</b></p> 	

Likes/Dislikes	
<p>Some things that make me feel anxious, upset, frustrated, sad, etc.</p> 	
<p>How can the people around me support me when this happens?</p> 	
<p>What makes it worse?</p> 	
<p>Where do I like to go?</p> 	

<p><b>What am I interested in? Hobbies?</b></p> 	
<p><b>I want to learn more about/do more of...</b></p> 	
<p><b>Do I want to try something new?</b></p> 	
<p><b>Are there activities/places that I do not like to do/go?</b></p> 	
<p><b>Are there any personal hygiene products/household items that I prefer?</b></p> 