

# YOUR ROLE IN PLANNING YOUR FUTURE

## What is Self Determination and Person/Family Planning?

Self Determination is a philosophy that supports individuals in defining their life, and can be achieved through a method called Person/Family Centered Planning.

Person/Family Centered Planning is an ongoing process that helps you reach your personal needs, wants, wishes, desires, and goals.

You are able to make the following choices:

- Where and when to have your meetings.
- Who to invite to be in attendance.
- What will be discussed.
- What will NOT be discussed.
- Who will direct your meeting.
- Who will take notes.



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## SELF DETERMINATION AND PERSON CENTERED PLANNING



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Self Determination and Person Center Planning is the belief that all individuals must have the freedom to define the life they want supported by the services they want and need.

### WHAT IT IS ABOUT:

**FREEDOM:** To plan your life with the supports you want and need.

**AUTHORITY:** To work in partnership to make choices about how resources are used to buy supports and services.

**SUPPORTS:** To arrange your services and supports to assist you in meeting your goals and support living within your community.

**Responsibility:** To accept a valued role in your community through employment and affiliations, as well as being accountable for the wise and careful use of public dollars.

## HOW DOES SELF DETERMINATION WORK?

You make choices about the goals you would like to work on when creating your Individual Plan of Service.

- » You determine who you want to help you reach your goals.
- » Your family and friends can help you with decisions to make sure that your health and safety needs are met.
- » After you have a plan for what you need, a budget is developed based on those services.
- » You manage your individual budget (with help from your Case Manager or Supports Coordinator and Fiscal Intermediary).

### HOW DO I BEGIN?

Contact your Case Manager or Supports Coordinator at GIHN and they can give you more information and help you begin the process.

## PERSON/FAMILY CENTERED PLANNING IS ABOUT:

- » Focusing on strengths and abilities.
- » Involving natural supports that you choose such as family and friends.
- » Honoring your choices and preferences, and granting them whenever possible.
- » Independence and community involvement.
- » Respecting cultural differences.
- » Consideration of health and safety.
- » Being responsible and creative with limited resources.
- » Building real relationships with people you want to spend time with.
- » Reaching your dreams.
- » Feeling people have listened and respected you.
- » Feeling proud of who you are.