



Michigan Alliance for Families

Youth Self-Determination Series 2

Session 4-Attitude, Person-Centered Planning, Supported Decision Making-Handout

Attitude is:

- How we think or feel about something and how it comes across to other people
- Affects how we feel and act
- We can change it by how we think about and look at things

Use different words than:

- No
- Not
- Won't
- Can't
- Don't

Examples:

- Don't throw the ball inside
 - *Throw the ball outside*
- I don't know
 - *I will find out*
- I can't do it, I'm not good at math
 - *I am good at lots of things, I just need to get some help with math*
- I can't be late for work
 - *I need to get to work on time*

A Positive Attitude is Important

It affects:

- How we feel and act
- How other people see us
- How much time they want to spend with us
- Important in friendships, relationships, school, work, and other places

Person-Centered Planning (PCP)

- You are the “center” of all planning about you
- You get the supports you need to have the life you want
- You have people involved in your planning you want to be involved
- Helps you think about the possibilities for your future
- You have help setting goals and making choices
- You have people involved in your planning who you want to be involved
- Is required by law in Michigan so people can make their own decisions about the future (if you receive Medicaid services)

Focus Person

You are called the “focus” person because everything is about **YOU** or **FOCUSED** on **YOU!**

PCP is a **BIG** part of self-determination as it provides a roadmap for you to have supports to meet your needs to reach your goals and life vision!\

Planning for the Future is Important

- Your routines, needs, and supports
- Where you might live
- How you will pay for things
- How you will stay healthy and work with your doctors and other medical providers
- Making decisions and problem solving
- Where you will work and what you will do for fun
- What you want to have for friendships, interests, relationships, religious beliefs, and more

Planning similar to PCPs:

- School: your IEP is a person-centered plan: about you, your goals, your future, your vision
- Jobs/Employment: plan with Michigan Rehabilitation Services (MRS) or Bureau of Services for Blind Persons (BSBP) to plan to get skills and experiences to prepare for employment

Supported Decision Making

- Person makes final decision and pick decisions you need help with making
- Another option to guardianship
- People we trust help us think about decisions we need to make
- We ALL get help from others when with some decisions
- Self-determination skills can help us make decisions, and know when we need help

How you can be Supported

- Making a pro and con list with you
- Thinking about your big or small decisions
- Coming to meetings with you
- Managing finances with you
- Looking through your paperwork and talking about choices
- Advising you on daily living skills, appointments, employment, how to navigate the community