

PERSON CENTERED PLANNING AND YOU - Jean Johnson, BCBA-D. FDLRC Clinical Specialist

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At Lanterman Regional Center, Person Centered Thinking is a service model based on the belief that everyone has the right to live a life that is meaningful, satisfying and fulfilling. Person centered thinking puts the individual first by listening carefully to learn who they are and what is important *to* them while balancing what is important *for* them. Through Person Centered Planning, your service coordinator works together with the individual and their family to create personalized goals in the plan that can then be put into practice. It is a way of thinking about and interacting with people we support to discover what a meaningful life looks like for them and describe what they need to get there.

Your Regional Center Service Coordinator serves as a consultant to the family in securing services that can be planned to support the person in developing communication and adaptive potentials, and growing in their community experience. Evidence based approaches can be offered to support clients within the natural setting in which they currently participate, or designed for future settings and challenges to help

ready the individual for a new job, a new circumstance, a new residence, or a new leisure/recreational activity. When supports are tailored to strengthen the individual's special interests, and capitalize on the individual's preferences and choices, each person takes an active role in realizing the steps towards their own preferred future.

Lanterman Regional Center is a partner in developing that preferred future with you and your family members. Find

additional information about person centered planning by reviewing course offerings at Lanterman's [ARCA Learn Parent Learning Center](#). Link directly to Lanterman's short videos on service standards addressing options for work and diverse living options through FDLRC, and consult the FDLRC website for additional information about employment services. Learn more about the importance of choosing effective interventions to support skills and behaviors in natural environments at [CAPTAIN](#), and through trainings offered through your FDLRC CAPTAIN Cadre members. New supports for addressing mental health are available through [Lanterman Regional Center's Systemic, Therapeutic, Assessment, Resources and Treatment \(START\) program services](#).

We encourage you to consult your service coordinator regarding the role of person centered planning in developing a meaningful life plan geared towards individual strengths, preferences and choices for your preferred future in collaboration with services and supports offered through the Lanterman Regional Center.

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