



Building a Dream: Make it Yours!
 Person Centered Planning and Dream Night

FPCTP Midyear Check and Connect Institute
 June 26, 2019
 Altamonte Springs, Florida

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Goals:

- Provide information on the importance of Person Centered Planning (PCP)
- Gain an understanding of each step in the development of a PCP
- Planning for a Dream Night



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Person Centered Planning

- Focuses on the long-term dreams and aspirations of each student in order to make current educational experiences relevant.
- Encourages **self-determination** and **self-advocacy** by allowing the student to be an active participant in his/her educational plan.

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What is Dream Night?

- Opportunity to conduct several PCP's at one time
- Festive environment
- Trained facilitator available for each student and their support team



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Dream Night Preparation

- Student preparation
- Inviting student's supporters/team
- Dream Night moderator
- Facility preparation



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Student Preparation

- Make an initial connection
- Explain that their voice will be heard and valued
- Fun evening
- No wrong answers
- Help identify team



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Inviting Student Supporters/Team

Help the student identify who **they** would like to support them at Dream Night.

Possible supporters:

- Friends
- Family and Relatives
- Neighbors
- School staff
- Community members (employers, church members, mentor etc.)

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Having difficulty identifying supporters?

Probing questions to ask the student:

- Who do you go to for help?
- If something is really important to you, who do you share it with?
- Who helps you if you are having a difficult time?
- Who makes you feel good about yourself?

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Dream Night Moderator

Identify a person who will moderate the evening

- Set the tone for the evening
- Read aloud the "Circles" poem
- Move the group through all of the Dream Night steps

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Facility Preparation

- Large enough space for all students and their supports
- Dream Night planning sheet, markers, masking tape, name tags, etc.
- Food
- Dream Night packets
- Added touches to make space welcoming



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Dream Night Process

Utilizes Person Centered Planning process that is an adapted version of the P.A.T.H. (Planning Alternative Tomorrows with Hope)



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Now it's time to EXPERIENCE a Student Centered Planning process!



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CIRCLES By: Karen Jan Hoke

The greatest diseases in North America today are loneliness and meaninglessness, But suppose that the person with a Disability is the bearer of a deep and creative dream-- Dream and reality mix in a creative dance.

Yes, I can teach you my steps but you will have to hear your own music...

Each of us can be the friend, or parent, or bridge-builder that one person needs. The more we encourage people to dream and work for their highest ideals, the more we must learn to live with their struggles-- to help and comfort each other.

What can be created here?
What's waiting to be born?

Re-visioning invites us to see people in a different light, as people with strength, beauty, courage, and inherent gifts -- who simply belong.

We create the meaning. We must delight in each other-- rejoice together, mourn together, labor and suffer together.

It is a fair exchange. What you do on earth, the earth makes permanent, leaving us with a lifetime of extraordinary gifts, gifts that we can multiply and share with others -- if we choose to remember,

I am so glad that a group of us got together to share some hope.
We have to be together to know each other...

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Getting Prepared

- Organize space (markers, name tags, table top tags)
- Introduce yourself as people arrive
- Record team members on Road Map



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What is the "Parking Lot"?

- Way to acknowledge a concern that is not part of the current process.
- Way to remind the team that a topic needs to be discussed further at a later date and time.



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Angela's Parking Lot



Do you
want to share? 😊

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Step 1: Dreams



- No limits or barriers
- Nothing in the way
- Dream big
- What you daydream about

A goal is a
dream with a
plan in mind.

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Step 1: Dreams

- Where is it you would like to be?
- What is it you would like to be?
- Where would you like to live?
- Who do you want in your life?



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Angela's Dreams



- Be a guest star on Days of our Lives
- Attend live concerts
- Have love in my life
- Go behind the scenes of Days of our Lives in California
- Write and publish my autobiography
- Attend a soap opera convention
- Travel – go to places I've never been
- Have my own apartment with a roommate
- Learn to be a Masseuse

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Step 2: Positive and Possible



- Looking ahead 1 year from now
- What things have been accomplished

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Loftis' Affirmation

I am a beautiful person.
I control the good that happens to me.

Every day can be better for me than the day before.
Every day I will learn something new.
Every day is another opportunity to improve myself.

I can learn from others, and they can learn from me.
I can dream dreams and make those dreams come true.
If it is to be, then it is up to me.
I can be anything I want to be, only the best is good enough for me.

I will! I can! I must!

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Step 2: Positive and Possible

- What positive changes have happened in each of the 5 areas of your life?
- What skills are you working on to be independent?
- Are there new people in your life?
- What are you doing for fun?
- Where are you working?
- How is school?



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Angela's Positive and Possible



- Education**
 - Go back to school in Tennessee – Interest classes – (Massage, Interior Design, Cooking)
- Employment**
 - Volunteer and work at community projects
 - Start writing autobiography
- Adult Living**
 - Improve laundry and cooking skills
- Community**
 - Get involved at church
 - Public Speaking
- Self**
 - Monitor health care, improve eating habits and exercise more

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Step 3: Now

- Move back to the present
- Feel the tension between where you are now and where you want to be one year from now



Feel the FORCE!



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Step 3: Now

- Look at the Positive and Possible 5 areas
- What are you working on right now?
- Are there things you are working on now that you missed in the Positive and Possible area? If so, add them now.



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Angela's Now

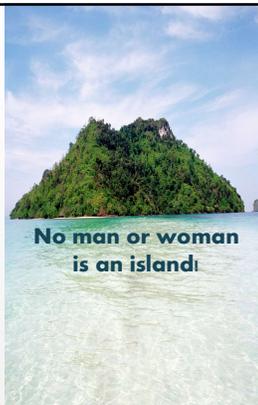
- Sleep in
- Stay up late
- Facebook
- Volunteer
- Read
- Journal/Write
- Spend time with family



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Step 4: Supports

- We all need support!
- Support isn't someone walking the path for us; it is someone who helps keep us moving forward on the path we have chosen!



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Step 4: Supports

- Who might help you on your path?
- Who is helping you now?
- Who would you like to help you?



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Angela's Supports

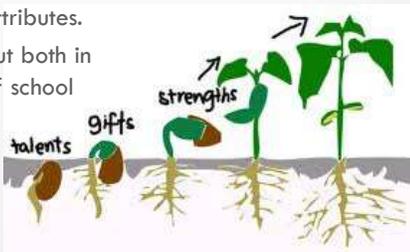
Family – Mom, Dad, Sister
Extended family – Aunts, Uncles, Grandma
Close friends
Coach



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Step 5: Strengths, Gifts and Talents

- We all have positive attributes.
- Think about both in and out of school



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Step 5: Strengths, Gifts and Talents

- Encourage the student's support team to offer suggestions



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Angela's Strengths



- Reader
- Studious
- Fastidious
- Persistent
- Funny/Quick witted
- Independent
- Doesn't give up
- Motivated
- Honest
- Good friend
- Loyal
- Giving
- Saver/Investor
- Frugal
- Respectful
- Hard worker

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Step 6: Action

Look ahead again to one year from now:

- What has been accomplished in the Positive and Possible?
- What actions did you take?



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Step 6: Action

- List the action steps you must take to get to where you want to be next year
- Each action step should support your goal
- Each action step should be something you can accomplish within the year

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Step 6: First Step

Now that you have decided all the actions you need to take to get where you want to be next year, you must prioritize your steps.



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Step 6: First Step

- Which step will be 1st? 2nd? 3rd?
- Are there barriers that must be taken care of in order to take a step?
- What type of support do you need for each step?
- What is a reasonable time line to begin each step?
- Write the start date for all steps you have prioritized.



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Action and First Steps



Goal: Go back to school

- Look for schools in Tennessee – Identify 2 schools by the end of summer with help from Mom
- Pick a school, apply, identify possible classes, and register for a class by the end of the year

Goal: Volunteer at community events

- Look in community paper for upcoming events that fit into my schedule – with help from Mom

Monitor health

- Bike or walk 2x/wk when I return from Florida
- Make better food choices – eat more greens (eat a salad 1x/wk), drink more water, drink less pop

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Angela's Dream Night PCP



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Another PCP – Meet Nathan



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Potential Challenges

- Supports who interject their own dreams
- “Pleasers”- Students who say what they think you want to hear
- Power struggles between group members
- Lack of understanding one’s abilities

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Potential Challenges - continued

- Students who don’t believe they are capable
- Students who are unwilling to participate or timing is not right due to crisis in their life
- Students who are undecided
- Students who are uncomfortable with the process

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Now what?

- Student takes ownership for their plan
- Opportunities for continued relationship building
- Connections between dreams and educational program



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Questions?



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Thank you!

FEEL FREE TO CONTACT ME

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