

Lesson Plan

Objective: To use person-centered circles as a means for **personal futures planning**.

Setting and materials: Involvement of the individual, circle members, family members, and the community in an informal setting. The person-centered planning model used is *Personal Futures Planning* (Mount & Zwernik, 1988)

Content Taught/Teaching Procedure

The goals of an initial workshop is to:

- Introduce focus person and potential circle members to the values and tools associated with personal futures planning.
- Guide them through the development of a personal profile and future vision map.
- Lay the foundation for regularly scheduled circle meetings and action planning designed to achieve the desired future visions.

Follow up activities:

- Identification and training of additional circle members, facilitation of initial meetings
- Telephone encouragement
- Problem solving
- Attendance at circle meetings that were facilitated by another circle member

Method of evaluation

Collect data from participants on the longitudinal satisfaction with person-centered planning activities and outcomes using questionnaire, interview, or focus groups.

Lesson plan based on: Everson, J.M., & Zhang, D. (2000). Person-centered planning: Characteristics, inhibitors, and supports. Education and Training in Mental Retardation and Developmental Disabilities, 35, 36-43.