Person-Centered Planning (PCP) is a process in which people work together to develop a positive description of an individual and plan for a future that is consistent with the dreams and goals of the person. The PCP process grew out of individualized planning for people with significant intellectual or developmental disabilities, but it is a planning strategy that is helpful for all people.

Meet Rowena

Rowena was a 75-year-old mother of six children. A nurse, baker, gardener, and avid reader, as well as a history buff, Rowena began experiencing memory loss and confusion at age 73. She lost her driving privileges, the ability to "run her life," and she was confused, sad and angry. She was most comfortable at home, but needed assistance to remain there.

Create a Personal Profile

Determine What Their Needs Are

Develop an Action Plan

Meet Chris

Chris is a 72-year-old teacher who taught English in rural Maine for many years. She has several chronic health conditions that have begun to limit her mobility and are of concern to her primary care provider. Chris recognizes that she needs some help but does not want her privacy and solitude violated.

Create a Personal Profile

Determine What Their Needs Are

Develop an Action Plan