

## Person-Centered Plan (PCP)

Empowerment Support Solutions, LLC

**Client:** Omar V.

**PCP Date:** Nov 14, 2025



### Section 1 — Overview

#### PCP conducted by

PCP was done with help from Jadon Chavez from ESS. He helped me talk about my life and my goals.

#### Format

The meeting was in-person. That is easier for me to understand and answer questions.

#### Meeting date(s)

11/13/2025

#### Location(s)

At my family's apartment in South El Monte and talking at the table about my goals and supports.

#### Participants

It was me, my ESS staff Jadon Chavez, my mom Juana and my dad Jose. Regional Center staff helped with information for my plan.

#### Summary statement

This PCP is about helping me be more independent with money, health, transportation, work and school and helping me feel less anxious so I can do things like get my license, keep a good job, and help my family while I learn skills for my future.

### Section 2 — Personal Profile

#### What people like & admire

I am a quiet and respectful person. I live with my parents and I like cars, working, and helping my family. Sometimes it takes me a little time to answer, but I know what I want for my life. People say I am kind, responsible, and that I do not give problems. I show up to work, I help at home, and I try my best even when I feel nervous or unsure.

#### Strengths

I am hard working and I do not give up easily. I can follow routines and directions, and I like to learn new things slowly. I already work part time and help pay some bills at home, and I am willing to practice skills over and over.

#### Communication style

I talk better one-on-one than in a big group. I speak clearly but sometimes I need extra time to think. I do better when people ask me simple questions and check to make sure I understood. I can say when I do not understand and I like examples.

#### Important TO Omar

It is important to me to help my family, have a steady job, save money, and one day be a mechanic. It matters to me to stay close to my parents and sisters and to feel safe and not rushed. I want my own car and more independence.

#### Important FOR Omar

It is important for me to stay healthy, keep my cholesterol under control, manage my anxiety, and learn to handle money and transportation safely. I need support to follow through with appointments, school plans and job goals.

#### Sensory needs

Loud noise and crowded places can make me feel stressed and overwhelmed. I do better when it is calmer, not too loud and when I can take a break outside or somewhere quiet.

#### Behavioral & emotional considerations

I get anxious, especially with driving or new situations. When I feel nervous, I might shut down or take longer to respond. I need people to be patient, talk calmly and not pressure me too fast. Support with breathing, breaking tasks into small steps, and practicing helps me.

#### Health & safety considerations

I have high cholesterol and anxiety and I take medication. I need help remembering appointments, understanding what the doctor says, and following directions about my health. I also need to be careful with sun and I need support with safe street crossing and transportation.

#### Cultural / identity notes

My family is very important to me. I live with my parents and they are my main support. We speak both English and Spanish at home. I feel more comfortable when people respect my family, my language and include my mom and dad when needed.

### Section 4 — Individual Outcomes (Summary)

#### Outcome 1 — Community Engagement

**Goal:** I want to feel comfortable going into the community, like stores, appointments and other places, with less fear and more independence.

**Why it matters:** If I can move around my community better, I can help my family more, keep jobs, go to school or training and not always depend on others to take me everywhere.

#### Outcome 2 — Independent Living Skills

**Goal:** I want to manage my money better, understand my bills, and learn basic transportation and home routines so I can be more independent

**Why it matters:** If I can handle money, transportation, and home routines, I can help my family more now and be ready to live more on my own in the future.

#### Outcome 3 — Health & Safety

**Goal:** I want to understand my health better, follow through with medical appointments and stay safe at home, at work, and in the community.

#### Outcome 4 — Behavioral / Emotional Regulation

**Goal:** I want to handle my anxiety and stress better so I do not shut down and I can keep working on my goals.

#### Outcome 5 — Communication & Self-Advocacy

**Goal:** I want to speak up more for myself at work, with doctors, at school, and with my family about what I need and what I do not want.

## Section 5 — Supports & Risk

### Natural supports

My main circle of support is my parents, my sisters, and my ESS staff. Regional Center is also part of my support because they help with services and planning. My natural supports are my mom Juana, my dad Jose, and my sisters. They help me with rides, home things, and emotional support.

### Paid supports (ESS)

My paid support is ESS staff, mainly Jadon Chavez. He helps me with money skills, health tasks, transportation, job and school goals and building independence step by step.

### Justification for paid supports

My family helps me, but they cannot teach me everything I need for independent living, money management, transportation, work and school planning, and health follow-through. I need trained support to practice these skills in real life, at my speed, so I can be more independent and not always depend on my family.

### Hours needed per month

I need 160 hours per month of ESS services to work on my goals. I do not have a job or go to school and need help with basics still.

## Section 7 — Future Vision

### Preferred future

I want a future where I have a steady job I like, maybe working with cars, and I can help my family with bills. I want to feel more confident, less anxious and be able to do more things on my own.

### Goals for independence

I want to learn to drive, manage my money, handle my health and move around my community more independently. I want to be able to make my own choices with support, not have everything decided for me.

### Community involvement

I want to be more comfortable going out, maybe joining activities or programs that fit my interests, like something with cars or job training. I would like to feel like I belong and not just go from home to work and back.

### Long-term direction

Long term I want to keep building my skills so I can either live more independently or still support my family while having my own goals met. I want ESS and Regional Center to help me move from where I am now to being more stable in work, health and daily living, step by step over time.

## Signatures

Omar Signature



ESS Staff Signature

