

WORKSHOP 2

My Financial Self-Sufficiency Person Directed Plan

What is Person Directed Planning?

Person-directed planning is a tool used to assist people in making life changes. It focuses on your strengths and guides you to identify your long-term goals and the short-term steps you can take to get there. The process outlined in this curriculum is based on the Making Action Plans (MAPs) format, which was originally developed by Marsha Forest and Jack Pearpoint.²⁹

Person-directed planning is directed by **you**. Just like recovery is your own unique and self-directed journey, so too is planning for your financial future.

Your financial person-directed plan (PDP) will be unique and personalized and will look different from those of your peers.

Throughout this course, we will incorporate person-directed planning that will capture your strengths and your financial hopes and dreams. Person-centered planning focuses on your interests and what is important in your life. This type of planning enables you to be in charge of your finances and your future, and to recognize the many strengths and abilities you already have.

The Rules:

1. Be gentle with yourself. Dealing with money is stressful and challenging for everyone.
2. Dream big without barriers! Imagine your life in 1 year, 5 years, and 10 years. Identify the steps needed to move toward those dreams.
3. Everyone has a voice – be open to the ideas of those around you.³⁰

²⁹ "Person-Centered Planning." *Department of Human Services Pennsylvania*, 2021.
<https://www.dhs.pa.gov/Services/Disabilities-Aging/Pages/Person-Centered-Planning.aspx>

³⁰ Original material from Peerlink National Technical Assistance Center.