

Reminders for *After The Plan*

This is a list of strategies for effectively implementing a Person-Centered Plan. Based on Michael W. Smull's article *After the Plan* (The original article can be downloaded [here](#)). These strategies support updating a person centered plan as the person grows and changes.

Address Health and Safety

- Continuously consider health and safety needs.
- Balance safety and health with what is important to the person.
- Make compromises consciously, ensuring the person's needs are met.

Compare Current Life to Desired Life

- Analyze the differences between how the person wants to live and their current situation.
- Highlight what is working well and continue those practices.
- Avoid blame and guilt; focus on solutions.

Make Immediate Changes

- Identify changes that can be made within current structures and resources.
- Rearrange staff or resources to better match the person's needs.

Plan for Long-Term Changes

- Address larger issues that require changes in structures or resources.
- Develop a plan to achieve long-term goals, such as moving to a new home or living independently.

Support Simple and Big Dreams

- Quickly achieve simple dreams (e.g., privacy, living with people they like).
- Support the person in working toward expensive or extraordinary dreams over time.

Keep Listening and Adapting

- Continuously listen to the person's evolving needs and desires.
- Regularly compare their current life to their desired life and update the plan.
- Ensure the process is ongoing and interactive.

Celebrate Successes

- Acknowledge and give credit for what is working well.
- Use positive reinforcement to motivate further progress.

This checklist can help guide the implementation of person-centered practices effectively and compassionately.

You can receive this series of posts and reposts by sending an [email](#) with Subscribe in the Subject line.