Moving Forward Conference

How to Lead Your Own Person-Centered Meeting

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 Advocate Panel- Roel Adamson, Krystal Ortiz, Richard Segura, Laura Matthews, Shana Heath, Vanessa Saucedo
Welcome and Introductions
AGENDA

- Welcome and introductions
- Why is running your own meeting important?
- Components of the person-centered plan
- Identifying team members
- Strategies to run a successful meeting
- Supports in Person-Centered Planning
- Demonstration of running your own meeting
Has this ever happened to you?

- Have you ever sat in your yearly planning meeting and wondered why everyone else did all the talking?
- Do you sometimes feel like your planning meeting is useless because nothing ever changes?
- Have you ever felt that all anybody talks about is your health or things you’re not doing right?
- Do you have dreams and goals of what you want in life, but your dreams and goals just never come up?
- At the end of your meeting do you feel like you never got to talk about what you want?
Why is running your own meeting important?
Components of the person-centered plan

- Begins with the person’s vision, what you want your life to look like
- What are your goals, hopes, interests
- Where you work or want to work
- Spend time with your friends
- How you spend your free time
- How you worship
- Anything that is important to you
Identifying team members

- You and your guardian if you have one
- Natural supports (family, friends, the community, church congregation, support animals...)
- Your case manager
- Providers, therapists, teachers...
Decide what role you want to take for your meeting

Step-by-step:

▶ Lead certain parts of the meeting
▶ Co-lead until you become more confident
▶ Lead the meeting
Figure out what you want to say, what are your goals and dreams
Write them down, talk into your phone, record them....
Draw pictures of what is important to you
Write an agenda for your meeting
Do a PowerPoint for your meeting
Invite the people you want to be there that know you and can support you
Don’t be afraid to speak up, this is your meeting
Strategies

- Sit at the head of the table to show you are leading the meeting
- If people talk over you or around you, remind them this is your meeting
- Work with your team to make sure your Person-Centered Plan says what you want
- Find and suggest solutions for activities you want to do
- Be creative, think outside the box
Sharing experiences in leading your own meetings and lessons learned
Supports in Person Centered Planning

What have you used before that was helpful?
Demonstration of running your own meeting
Questions?
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