



# Person-Centered Planning Made Easy: The PICTURE Method

*Steve Holburn Ph.D., Anne Gordon, Peter Vietze Ph.D.*

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Improve peopleâ€™s quality of life through

Planning for  
Inclusive  
Communities  
Together  
Using  
Reinforcement and  
Evaluation

For person-centered planning to succeed, people with intellectual and developmental disabilities need to live, work, and learn in their own communities. Professionals can make that happen with this book, a complete step-by-step guide to the easiest, most practical person-centered planning method available. Bringing professional services and interventions out of institutions and into natural environments, the research-supported PICTURE method

- **Promotes individual choice.** Professionals will get to know peopleâ€™s specific goals and interests, support them in developing â€œpicturesâ€• of their desired future, and design a solid plan thatâ€™ll help them get there.
- **Gets people out in the real world.** PICTURE helps professionals support peopleâ€™s goals in community settings, where they can form meaningful friendships and develop knowledge and skills that lead to more autonomy and life enjoyment.
- **Makes evaluation part of intervention.** Continuous evaluation during the PICTURE processâ€”using the objective, easy-to-use measurements included in the bookâ€”keeps professionals consistently informed about what is and isnâ€™t working.
- **Is ready to use.** With PICTURE, thereâ€™s no need to undergo additional training or purchase extra materialsâ€”everythingâ€™s already included in this single volume.
- **Welcomes the involvement of others.** PICTURE helps professionals embrace the support of the personâ€™s family and friends and encourage community members to participate in inclusion.

To make the PICTURE method easy to implement, this manual includes all the practical tools professionals need: a helpful troubleshooting guide and evaluation exercises, as well as worksheets on assessing quality of life, ensuring good teamwork, and overcoming barriers to person-centered planning. A must for every member of the person-centered planning team, this guidebook is key to helping people with disabilities picture—and achieve&mdash;lives that are more fulfilling, independent, and consistent with their goals and dreams.



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