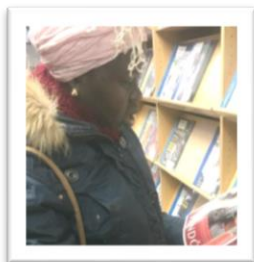




citizen advocacy
parrainage civique

Person-Directed Planning and Facilitation

Citizen Advocacy Ottawa, founded in 1974, is one of the few agencies supporting people of all ages across the disability spectrum and their families. We are a place where people with disabilities and their families feel welcomed, safe, not judged, able to speak their minds and where they receive the recognition, guidance and support they are seeking. At Citizen Advocacy Ottawa we recognize the resilience of individuals living with disabilities and their families as they struggle for access to support and services. We look for innovative and creative ways to build healthy, safe and inclusive futures in our community.

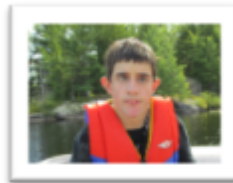


Person-Directed Planning and Facilitation

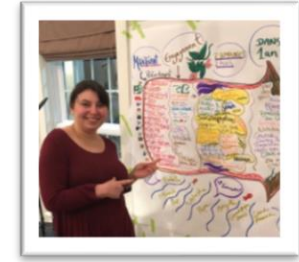
A process to develop a good life for someone with a disability. It focuses on helping a person to discover their dreams and aspirations, and then to develop a plan to reach their goal, based on their strengths, interests and abilities.

There are many reasons to develop a person-centered plan and engage in facilitation. The reasons will be different for each individual and could include the following:

- Transitions, such as leaving school or moving
- desire for more independence or self-determination
- wanting more people in their lives
- discovering a valued social role and community presence
- taking time to step back and to reflect on what is important to have a good life



Planning for yourself, not by yourself.



What do Planning Facilitators do?

Planning Facilitators work with the person living with a disability, taking time to understand the wishes, dreams, interests and abilities of the person. The personal plan developed recognizes individual situations.

Person-Directed Planning and Facilitation

can be an ongoing process that does not necessarily end once a written plan is developed. It can continue, with varying levels of intensity, throughout someone's life. The practice is grounded in the values of belonging, contribution, and discovering gifts.

Person-Directed Planning and Facilitation can cost up to \$2,500, with the average cost of a plan ranging between \$1,200-\$1,500. Eligible for Passport funding.

Person-Directed Planning and Facilitation is provided in English and French

613-761-9522

1-866-222-2138

312, av. Parkdale Ave.,
Ottawa, ON, K1Y 4X5

www.citizenadvocacy.org