

## Module 4 - Handout 2

### Sample Questions for Gathering Person Centered Planning Information<sup>1</sup>

---

**Personal Strengths:** What are you most proud of in your life? What is one thing you would not change about yourself? What positive things would others say about you?

**Interests and Activities:** If you could plan the “perfect day,” what would it look like? What kinds of things would you be doing? What kinds of things do you like learning about?

**Living Environment:** What are the most important things to you when deciding where to live?

**Employment:** What would be your ideal job? What skills do you need to do this job? Which of these skills do you already have? Which skills do you need to develop?

**Trauma:** Tell me about experiences/relationships/people that make you feel safe/not safe. What experiences/relationships/people have supported you to reach your personal goals? How have other experiences/relationships/people made it more difficult for you to reach your goals?

**Safety and Legal Issues:** Tell me about your experiences with the police and the legal system. How have the police been helpful/not helpful to you? Tell me about times you have had to go to court. Tell me about situations that make you feel safe/not safe.

**Financial:** What level of independence do you have in managing your finances? What skills, supports, or information do you need to be more independent?

**Lifestyle and Health:** What is your health like? Tell me about the things you do that help you stay healthy. What are some things you would like to do to improve your health?

**Choice-Making:** What are some of the choices that you currently make in your life? What choices would you like to make for yourself that others are making for you? If you could make these choices, what would you choose differently?

**Transportation:** How do you currently get from place to place? What would make travel easier/more affordable/less stressful for you?

**Faith and Spirituality:** How do you view the purpose of your life? What spiritual or faith-based activities do you participate in? In what ways are these helpful to you?

**Relationships and Important People:** Is there a person in your life that you feel believes in you? Who is that person? In what ways does this person convey this belief in you?

**Hopes and Dreams:** Tell me a bit about your hopes or dreams for the future. What are some hopes and dreams that you have let go of? Tell me about the dreams that have come true for you. What did you do to make these dreams come true?

---

1. Grieder, D., Tondora, J., & Way, V. (June, 2012). Chapter 2. The planning process: Initial steps to creating the individualized recovery plan. In, *Person Centered Planning Practice and Resources A handbook for Rehabilitation and Recovery* (e-book). Albany, NY: New York Office of Mental Health. Retrieved from [https://www.omh.ny.gov/omhweb/pros/Person\\_Centered\\_Workbook/](https://www.omh.ny.gov/omhweb/pros/Person_Centered_Workbook/)