**個人中心規劃資源**

刊物及線上資源

* [「It’s My Choice」](https://mn.gov/mnddc/extra/publications/Its-My-Choice.pdf)by Bill Allen，published by Department of Health and Human Services，Administration on Intellectual and Developmental Disabilities，Minnesota–個人中心規劃工具書
* [Person-Centered Planning: Pathways to Your Future – A toolkit for anyone interested in Person-Centered Planning](http://sonoranucedd.fcm.arizona.edu/sites/sonoranucedd.fcm.arizona.edu/files/publication/PCPToolkit_Final.pdf)，Sonoran University Center for Excellence in Disabilities，Department of Family & Community Medicine，University of Arizona–個人中心規劃過程概述及個人支持圈秘訣
* [Person Centered Planning Education](http://www.personcenteredplanning.org/courses.cfm) by Cornell University Employment and Disability Institute–閱讀課程、活動、資源，及測驗
* [Person Centered Planning](https://www.pacer.org/transition/learning-center/independent-community-living/person-centered.asp) from PACER’s National Parent Center on Transition and Employment–規劃過程簡短摘要及其他連結及資源

影片

* [Sally Burton-Hoyle’s presentation at the California Self-Determination Conference in 2014](https://vimeo.com/channels/876984/118543476)–為何個人中心規劃對自我決定很重要，觀看個人中心計畫，及其他影片
* [Sally Burton-Hoyle presentation for the Michigan Alliance for Families](https://www.youtube.com/watch?v=BFsImuEaXcQ)–

著重個人中心規劃的網上研討會

* [Video on Person-Centered Planning with Beth Mount](https://www.youtube.com/watch?v=2REk6fYDZ0Y)–個人中心規劃的視覺創意影片
* [Larry’s Story, His Person-Centered Plan](https://www.youtube.com/watch?v=PhiYISglx40)–個人現身說法透過個人中心規劃改變人生的故事
* [5 Key Principles of Person-Centered Planning: An Easy Read Guide](https://www.youtube.com/watch?v=2REk6fYDZ0Y)–個人中心規劃原則的簡明指南
* [Video on Person-Centered Planning produced by parents with adult children](https://www.youtube.com/watch?v=XNnbvg5ocgE)–Ed Holen及Sue Elliott介紹數項規劃工具及訪談家長及她的女兒討論規劃工具對她們的重要性