



Person Centered Plan for Re-Entry into Day Programs

A collaboration of all chapters of The Arc in Colorado

The Arc chapters cannot recommend that an individual return or not return to their day programming. These decisions need to be made in a person-centered way, and we've created tools to aid you in the decision-making process. None of this information should be construed as advice.

How do I use this plan?

Please go through this plan before beginning the checklist, and answer each of the questions, one at a time, writing down or otherwise recording the individual considering a return to day-program's responses. Use this plan, alongside the checklist and contextual document to help come to an informed and person-centered decision about whether or not return to day program.

Person-Centered Plan

Click or tap to enter a date.

- 1) What's great about my day program?

- 2) What are your likes and dislikes - what makes for a good day - what makes for a bad day?

- 3) Strengths and struggles - what is easy and what is hard? (think about different environments/situations)

- 4) Support needs - what do other people need to know or do to support me?



- 5) Staying healthy - things I need to do to stay healthy - things I need to avoid to stay healthy - how I/you will know if I am feeling sick

- 6) Important routines - things that help me transition through the day/week

- 7) How to reset/calm/comfort - what I can do, what you can do, and what not to do

- 8) Important people in my life

- 9) What was working/not working at Day program in the past? What do you want to keep and what do you want to let go?

- 10) What is working/not working during the day since the pandemic started? What do you want to keep and what do you want to let go?

- 11) What risks do you think going to Day program has for you? List all your concerns. How likely is each one to happen? How bad would it be if it did? How can it be made it less risky for you? Is there anything on the list you really cannot do? Is there anything on



the list that you want to do despite the risk? Is there anyone else that could be at risk if you go to Day program?

