

PEOPLE PLANNING TOGETHER WORKSHOP

WHAT IS PPT?

People Planning Together, also called PPT, is a training taught by people with lived experience, for people with lived experience with disability. Through activities and discussion, people in the class get a deeper understanding of what is important to them and important for them and how to have a good balance to be happy and healthy. They use this information to develop a plan with meaningful outcomes for their life as they think about how they want to spend their time and what they may want to try. They will practice self-advocacy skills as they decide what to share with others and how they want to be supported.

Expectations & Commitments

PPT is a 4 half-day or 2 full day workshop. Workshops work best with 8-12 participants. People participating in the workshop are expected to attend the full course so that they can complete their plan. To get the most of the class, a participant may need an "assistant"-someone who knows and cares about the person-to help with any needs the person may have. This includes talking through ideas, reading, writing, personal care needs or any other accommodation the person might require.

The role of the assistant is NOT to make decisions for the person but instead to talk with the person to identify what the person wants.

If you have a question or would like to coordinate a workshop, contact:

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