Person-Centered Planning Worksheet

Gloria Care Haven LLC — DBHDS-licensed, Medicaid provider of Non-Center-Based Day Support / Community Engagement services for adults with developmental disabilities.

Use this worksheet to share what matters most. There are no wrong answers — fill in only what you are comfortable sharing.

About Me

Name:

_____

_____

What people like and admire about me:

_____

_____

_____

_____

My Interests

Activities I enjoy or want to try:

_____

_____

_____

_____

_____

_____

My Goals

Skills I'd like to build (e.g., using money, riding transit, meeting new people):

_____

_____

Communication & Routines

How I communicate best / what helps me feel comfortable:

Important routines or times of day:

Support Needs

Things that are important for my health and safety:

My Circle

People who support me (family, friends, Support Coordinator):

Service Hours: Monday–Saturday, 9 AM – 3 PM, with evening availability. Door-to-door transportation provided.

Service Areas: Fairfax County, Arlington, Alexandria, Loudoun County, Prince William County, Stafford County, Falls Church, Fairfax City, Manassas, and Manassas Park.

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