

# Resources for Families and Individuals – Person Centered Thinking Planning & Practices and COVID 19 Support

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To learn more about Person-Centered Thinking, Planning and Practices go to:

- English TCRC brochure: <https://www.tri-counties.org/wp-content/uploads/phocadownload/person-centered-practices-flyer-2015.pdf>
- Spanish TCRC brochure: <https://www.tri-counties.org/wp-content/uploads/phocadownload/person-centered-practices-flyer-spn-2015.pdf>

Person Centered Thinking (PCT) Resources During COVID:

PCT Resources During COVID

<https://www.tri-counties.org/what-we-do/other-community-resources/pct-resources-during-covid/>

One Page Profiles:

- Medical One Page Profiles English and Spanish descriptions and resources <https://www.tri-counties.org/medical-one-page-profile/>
- Medical One Page Profile presentation mp4 English: <https://www.tri-counties.org/medical-one-page-profile-english/>
- My Plan For How I Want To Stay Healthy: <https://www.tri-counties.org/my-plan-for-how-i-want-to-stay-healthy/>
- Young Man With Autism Interviewed on COVID Impact: <https://www.tri-counties.org/young-man-with-autism-interviewed-on-covid-impact/>
- Family Preparedness Checklist COVID-19 <https://www.tri-counties.org/news-events/coronavirus-resources-2/family-preparedness/>
  - Health Passport Hospital Transfer Form English and Spanish <https://www.tri-counties.org/health-passport-hospital-transfer-form/>

Additional Resources for One Page Profiles:

- One Page Profiles - Michael Smull - How to get started using One Page Profile/Description: <https://www.youtube.com/watch?v=meLjQX2wuhM&t=54s>
- One Page Profiles described: <https://www.youtube.com/watch?v=fnaKnVWFh44>
- One Page Profiles throughout life: <https://www.youtube.com/watch?v=OzJIKXo-jLY>
- One Page Profiles for people who do not use words to talk: <https://www.youtube.com/watch?v=-VYE9cVofTg>
- One Page Profiles links and resources on the TCRC page: <https://www.tri-counties.org/self-determination-program/person-centered-links-for-self-determination/>

To learn more about Person Centered Practices at Tri-Counties Regional Center:

- Person Centered in All We Do video: <https://www.tri-counties.org/person-centered-practices>
- For information about both, go to our website: <https://www.tri-counties.org/person-centered-practices/person-centered-thinking-training/>

*Straight Talk: A video series created to provide positive, empowering forum for families to share what they have learned on their journey of having a child with a disability:* <https://txcan.tea.texas.gov/straight-talk-parent-videos>

English: <https://txcan.tea.texas.gov/straight-talk-parent-videos>

Spanish: <https://txcan.tea.texas.gov/charla-directa>

*Charting the Life Course: to be used by anyone in support of families* <https://www.lifecoursetools.com/>