



WHAT THEY SAID

Appreciation for A New Plan

It is said that a goal without a plan, is just a wish. Through their engaging book, *A New Plan*, Dykstra and Dykstra provide a practical method to support people in identifying their goals and recognizing ways to move forward and achieve their best possible life one in which they flourish! This book is a must-read for anyone involved in person-centered planning.

-Mary Kay Rizzolo, President & CEO, CQL
| The Council on Quality and Leadership

I loved this book, and strongly recommend it. Why? Because the authors make it real. This is not a dry tutorial on person centered planning: I found it to be personally inspiring. It is well written, chock full of interesting facts that will not only strengthen your understanding of how to support people to live a better life, but also provides the road map to get there. Written by self-described possibilists, their approach to using positive psychology is not about achieving compliance, but it will get you there. It is about establishing the cultural changes necessary for supporting people to flourish.

-Barbara E. Merrill, J.D., CEO, ANCOR
American Network of community Options and Resources

I just finished *A New Plan* and like it a lot as it is clearly written and totally approachable. I applaud Dykstra and Dykstra for their efforts to empower people to shape their own destinies. With champions and leadership I think the pay back from person-centered planning will be manifold

-Davidi Kwinn, Productivity Consultant

At a time when Federal and State entities have issued an overwhelming amount of regulations and record keeping requirements, the Dykstras have suggested a refreshing and common sense approach to person centered planning. Just as K-12 teachers regularly complain that they must “teach to prepare for the standard test” providers develop person centered plans, which are really a compilation of documentation, based on regulations -- sometimes ignoring what must be highlighted for the individual to thrive. The “Plan to Flourish” offers a summary of the individual’s aspirations and a process to develop those aspirations in a format which is easy to comprehend both for Direct Support Professionals and the family.

- Nathan Cohen

Dykstra and Dykstra’s book, A New Plan, offers service providers and practitioners everything necessary to successfully design and implement a new model of person-centered planning grounded in positive psychology principles. This refreshing and compelling approach challenges us to renew our efforts to ensure that we get this essential piece right. And, for those professionals laser-focused on protecting and maximizing rights for folks with disabilities, it is immediately usable as a tool to encourage more opportunities for relationship building and community engagement which can aid in the reduction of risk for abuse, neglect, and exploitation.

-Amy Tabor
Organizational Dimensions

Thane and Art Dykstra use insights from positive psychology to reinvigorate person-centered planning for individuals with intellectual and/or developmental disabilities. They highlight flourishing, teamwork, listening, and appreciating strengths, and meaningful participation of persons with I/DD. This book is a must for those who aspire to provide optimal supports to persons with intellectual and developmental disabilities.

-Chris Keys, PhD, Professor Emeritus - Former Chair Departments of Psychology, University of Illinois at Chicago, DePaul University