

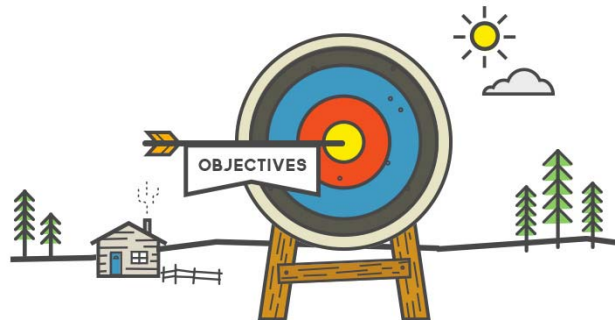
PERSON CENTERED PLANNING & SELF-DETERMINATION

February 6, 2018

Eastern Los Angeles Regional Center
Self Determination Local Advisory Committee Meeting

Learning Objectives

- Review the principles of Self-Determination
- Review the key features of Person Centered Planning
- Understand the interaction of Person Centered Planning and Self-Determination

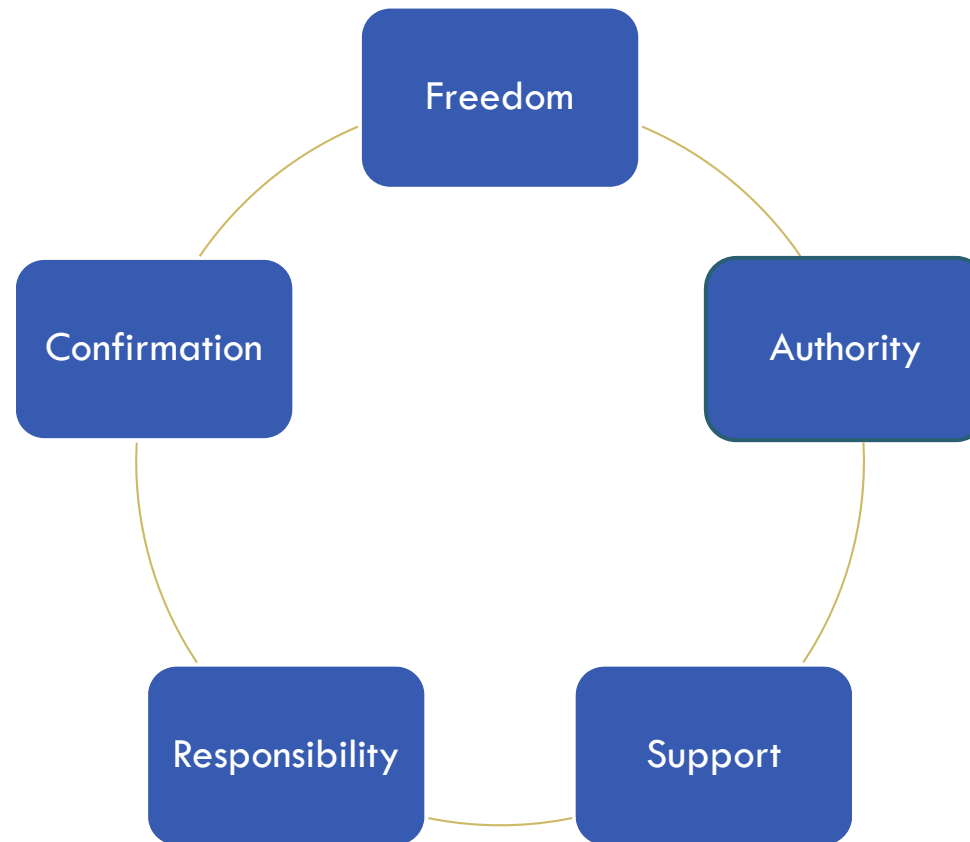


What is Self-Determination?

- Self-Determination is about promoting dignity and respect, valuing people, and raising expectations of and for people with disabilities
- Making your own choices
- Learning to effectively solve problems
- Taking control and responsibility
- Believing you can control your own destiny



Five Principles of Self-Determination



Principles of Self-Determination

Freedom

- To exercise the same rights as all citizens; to establish, with freely chosen supporters, family and friends, where they want to live, with whom they want to live, how their time will be occupied, and who supports them



Principles of Self-Determination Authority

- The individual has authority over the support and service resources available to them



Principles of Self-Determination Support

- The shift from programs that take care of people to setting up a personalized and self-determined system of support for an individual to live a life like other people in the community



Principles of Self-Determination Responsibility

- To use public dollars wisely and make self-determined arrangements that operate within the requirements of federal and state law, and meet Medicaid requirements



Principles of Self-Determination Confirmation

- Individuals and their family members can strive to become involved in the systems they utilize and provide feedback for improvement purposes in system design, system change, and the everyday operation



What is Person Centered Planning



- Person centered planning is a process of continual listening and learning
- It is focused on what is important to someone now and for the future
- It is based on a completely different way of seeing and working with people with disabilities
- It is fundamentally about sharing power and community inclusion
- It is not simply a collection of new techniques for planning to replace Individual Programmed Planning (IPP)

Benefits of Person Centered Planning



- Treating others with respect and dignity
- It provides a framework for effective relationships
- Empowers individuals to set their own personal goals
- Builds on strengths, gifts, skills, and contributions

Key Features of Person-Centered Planning

Promoting Independence

The plan reflects what is important to the person, their capacities, and what support they require.

Balancing rights, risks and responsibilities.

Maximizing independence by building on individual strengths, interest and abilities



Principles of Person-Centered Planning

Individualized

Person-centered planning is not just about giving people whatever they want or providing information. It is about considering the individual's **desires, values, family situations, social circumstances and lifestyles.** The person is centered.



Principles of Person-Centered Planning

Building Relationships

Family members and friends are partners in planning. **Collaborative relationships** between the service provider, the individual, and his/her family is also established.



Principles of Person-Centered Planning

Gaining Life Experience

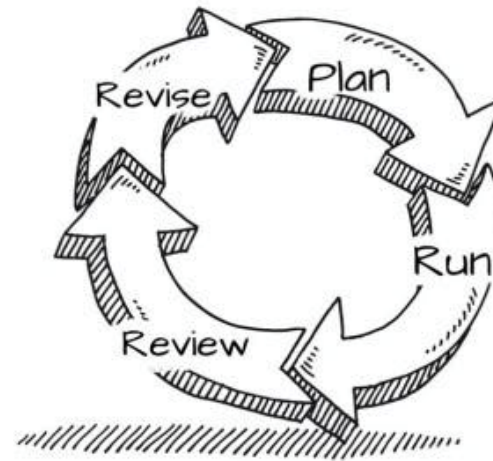
The plan results in actions that are about life, **not just services**, and reflect what is possible, not just what is available.



Principles of Person-Centered Planning

Continuous Planning

The plan results in **ongoing** listening, learning, and further action.



Identifying Needs



Things to Remember about Person Centered Planning

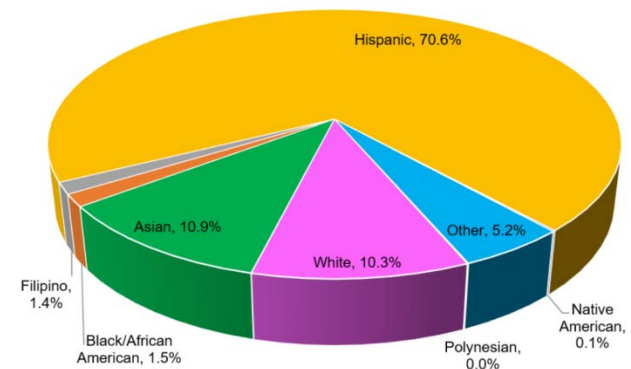


- The Person Centered Planning process involves families, friends and professionals, as the individual desires or requires
- It emphasizes on the individual's strengths and abilities, rather than limitations
- It is an ongoing process, not just a meeting or an annual event
- The Person Centered plan can be updated or changed as a person's needs or wishes change

Person Centered Planning and Culture

- Different cultures have different values
- Leads to enhanced understanding of the people we serve
- Leads for us to actively listen to the wants and needs of the person

Ethnicity/Race of Consumers



Notes On Overview Data:
1) Caseload data is taken from the Client Master File as of June 2017.
2) Average per capita expenditures are calculated by dividing total purchase of service expenditures by total consumers (including those without any expenditures).

Tips to Keep in Mind



- Learning about a person's culture will help you better understand what is important to them and why it is important to them
- Understanding what the individual or family value will lead to a better understanding of how to best support them
- Knowledge of cultural customs can help avoid misunderstanding and expand effective communication
- Service quality expectations is clear when there is an understanding of what is expected and not expected
- Continuous explanation and reminders about Person Centered Practices is important for people with all culture background

Why is a Good Person Centered Plan Important in Self Determination?



- The individual's dream and vision are the framework
- Person Centered Planning is an ongoing problem-solving process that can be used to help individuals plan for their future
- Person Centered Planning can help in identifying appropriate services, not available services

Person Centered Planning & Self-Determination



- Self-Determination enables all individuals to assume responsibility for planning and spending for the supports necessary to live and participate in the community for purposes of achieving the individual's Person-Centered Planning goals

One Page Profiles



- A One Page Profile can be utilized to identify an individual's strengths and interests
- It is often the basis for more detailed person-centered plans and can be adapted for use in a wide range of situations
- This basic information can help establish and maintain good relationships and provide continuity when there are changes

Olivia's One Page Description

What People Like and Admire about Me

Thoughtful
Happy
Curious
Full of energy
Always helpful



What is Important to Me

- My family!
- Having lots of free space to run around with my brother
- Music, dancing, and drawing
- Wearing my favorite pink sweater

Supports Olivia Needs To Stay Happy, Healthy & Safe

- Keep me busy with fun activities during long waits
- Let me walk around when I am eating, I don't like to sit still
- I really enjoy one to one time and don't like to work in groups
- Give me time and don't rush me on a task
- Provide positive encouragements and high fives to motivate me
- I don't like to eat foods with sticky texture
- Turn on a night light for me when I go to sleep at night

Characteristics of People Who Best Support Me

Provides clear/simple directions,
creativity, patient, no eyeglasses,
animated

Olivia's Mom's One Page Description

What People Like and Admire about Me

Hardworking
Dependable
Patient
Positive
Organized



What is Important to Me

- My family!
- Making sure Olivia is healthy and happy
 - Coffee
- Being involved in the community
- Staying informed on current events related to issues on developmental disabilities

Supports Olivia's Mom Needs To Stay Happy, Healthy & Safe

- Being on time
- Contact me to make appointments with me at least two weeks ahead of time
- It is better to text than call me
- Work and home balance
- Remind me that it is okay to delegate tasks

Characteristics of People Who Best Support Me

Responsible, respectful, helpful,
responsive to phone calls, punctual

Jason's One Page Profile

What People Like and Admire about

Me

Friendly
Hardworking
Dependable
Always helpful
Determined



What is Important to Me

- Making money
- Being in control of my work routine
- Getting positive praises
- Keeping my customers and co-workers happy
- Buying my video games
- Spending time with my family
- Working in the day time
- Having short breaks
- Giving me a chance to show that I am capable and a good worker

Supports Jason Needs To Stay Happy, Healthy & Safe

- I need reminders to smile at customers
- Explain to me ahead of time if there are any changes in my work routine
- Encourage me that it is okay to try new things at work such as changing my schedules and helping different customers upon their requests
- Don't shout or raise your voice if I make a mistake, talk to me nicely
- Give me space, it will help me focus

Characteristics of People Who Best

Support Me

Respectful, punctual, patient,
considerate, positive, helpful,
supportive

Dancing Barista at Starbucks



謝謝您 MAHALO
Merci Obrigado Danke
Thank You!
Grazie DANK U
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