A Brief Look at Person Centered Planning

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SANYS

We Have Choices

We Have Choices

SANYS is a non-profit organization run by and for people with developmental disabilities

We Have Choices

We Believe….

We Have Choices

You have the right to choose …

Where and With Whom You Live

We Have Choices

You have the right to choose

What You Do With Your Day

We Have Choices

You have the right to choose …

How To Get Around…

We Have Choices

You have the right to choose …

What You Want To Learn

Many paths to Person Centered Planning

Note: The following summary of person centered planning methodologies can be found on OPWDD's Website

Personal Futures Planning

- Aims to generate powerful images of a rich life in the community that will guide a search for opportunities for the person to take up valued social roles, and develop service arrangements to support the person in those roles.

- Collects and organizes information by looking through a set of "windows for change," which describe the person's relationships, important places, things that energize him or her, the individual's gifts and capacities, ideas, and dreams of a desirable future. (Mount, 2000)

Planning Alternative Tomorrows with Hope (PATH)

- A group process for discovering a way to move toward a positive and possible goal, which is rooted in life purpose by enrolling others, building strength, and finding a workable strategy. (O'Brien, Pearpoint and Kahn, 2010)

Making Action Plans (MAPS)

- A group process for discovering a way to move toward a positive and possible goal, which is rooted in life purpose by enrolling others, building strength, and finding a workable strategy. (O'Brien, Pearpoint and Kahn, 2010)

Essential Lifestyle Planning (ELP)

Asks what is important to and for a person in everyday life. Specifies the support the person requires and person-specific ways to address issues of health or safety that balance what is important to the person & what is important for the person. Clearly identifies opportunities for improved assistance. Guides continuing learning about the person's supports in a way that is easily understood by those who assist the person.(Smull & Sanderson, 2005).

Facilitated Discovery

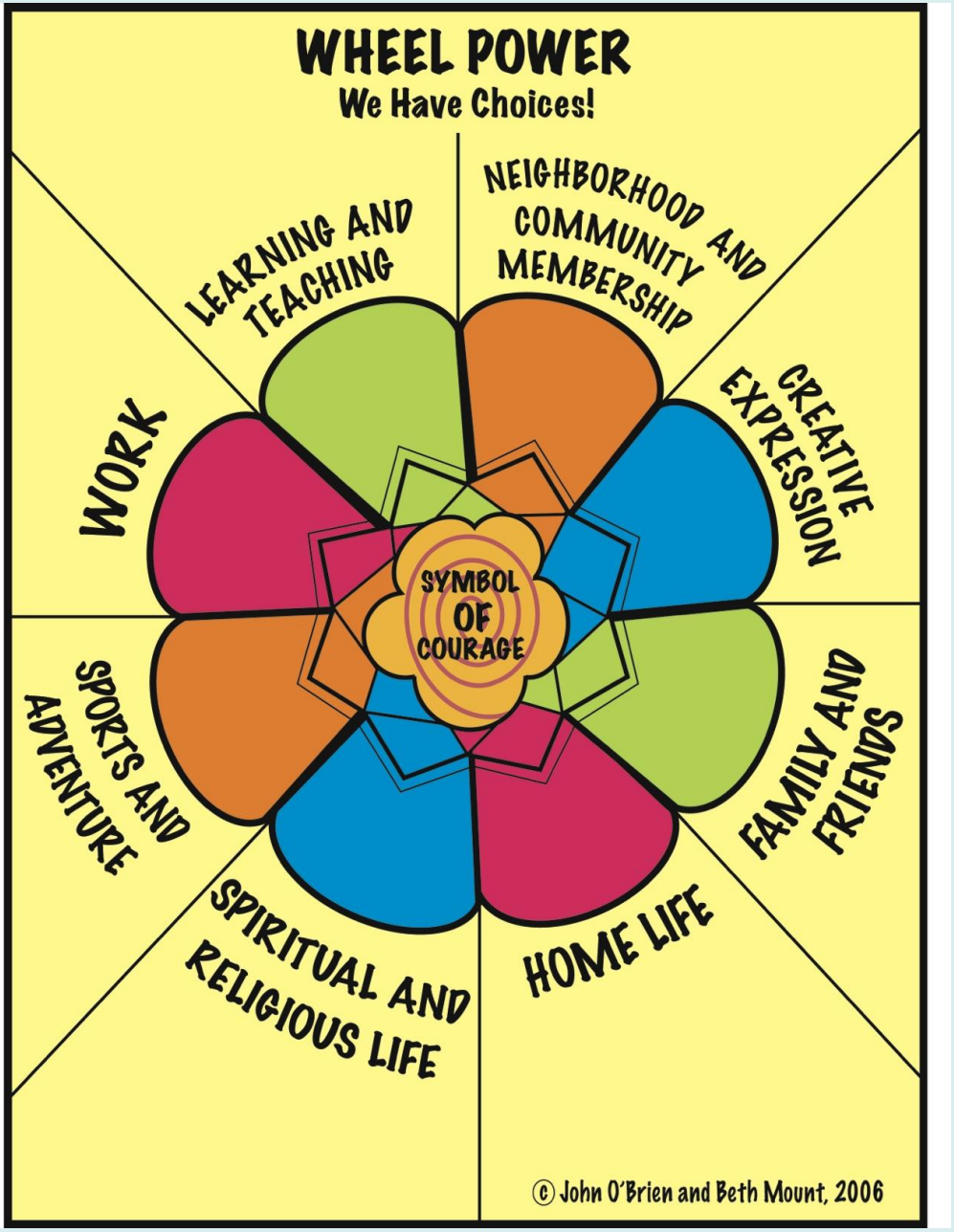
A systematic process of answering the question, “Who is this person?” that generates a rich background for negotiating a customized employment role. Focuses particularly on people failed by typical methods for supporting employment (Callahan, Schumpert and Condon, 2011).

Wheel Power: Steering Your Way toward a Life of Distinction

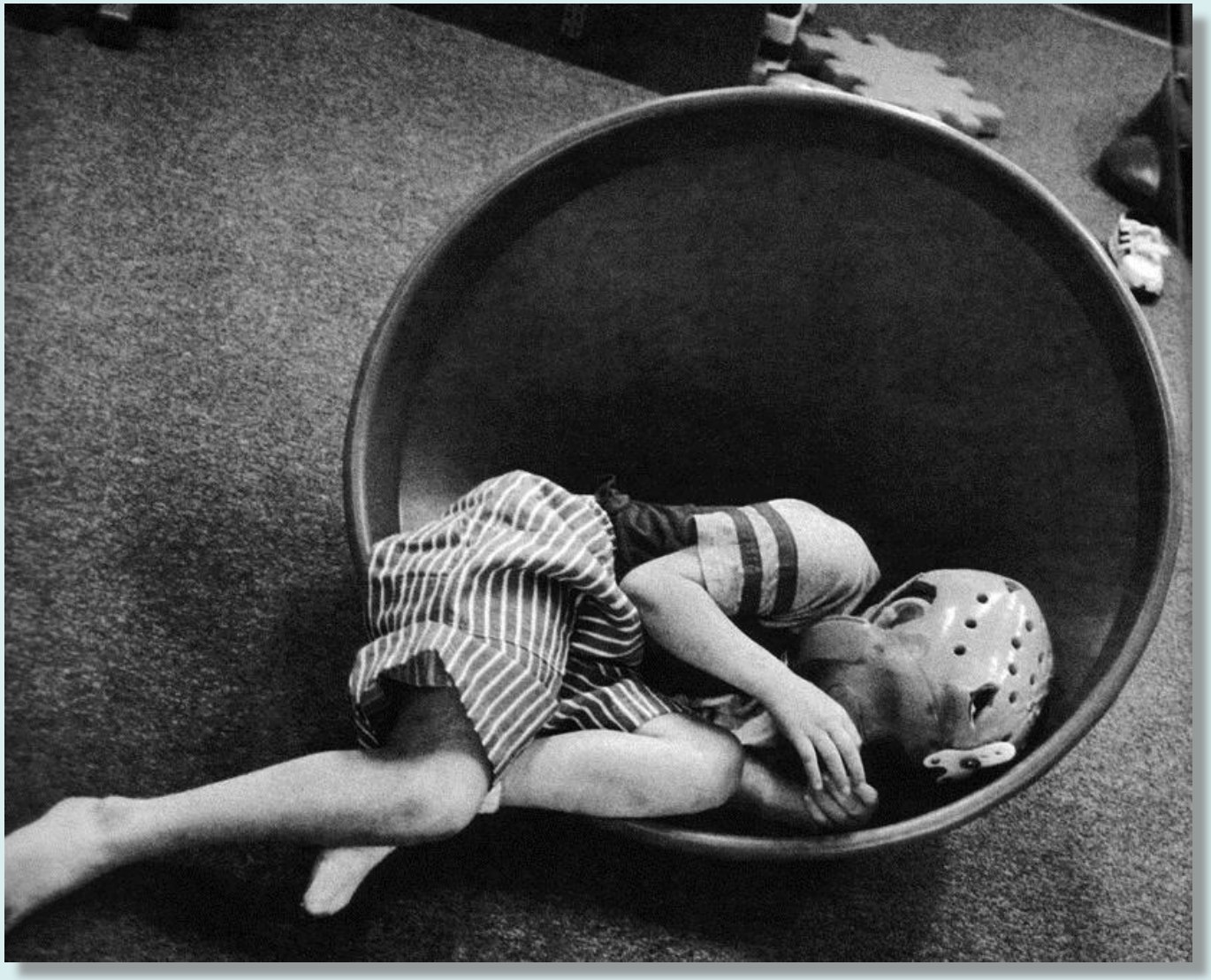
A group of groups of self-advocates (5 to 10 focus people with their families and allies) support one another to make “wheels” that illustrate their current involvement in valued social roles, and their desired vision for a life growing through the expansion of valued social roles.

Mutual support grows with shared discoveries, questions and resources, particularly when self-advocates meet to revisit the vision and exercise courage and determination to change self, organizations, and community opportunities.

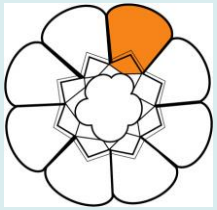
Groups do their own facilitation with guidance from a large group facilitator and self-advocacy leaders. (SANYS, 2009, O’Brien, 2008)


WHEEL POWER
We Have Choices!
LEARNING AND TEACHING
NEIGHBORHOOD AND COMMUNITY MEMBERSHIP
CREATIVE EXPRESSION
FAMILY AND FRIENDS
HOME LIFE
SPIRITUAL AND RELIGIOUS LIFE
SPORTS AND ADVENTURE
WORK
SYMBOL OF COURAGE
© John O'Brien and Beth Mount, 2006

KEN BERG



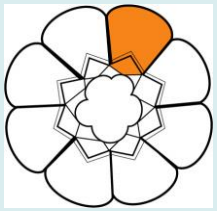
Once Ken was known as a child who was deaf, blind and profoundly cognitively and medically impaired. He was also very self-abusive. His future was not very bright.



However, He is now a *volunteer* 30 hours a week at the Adriance Farm in Queens, New York. He is responsible for gathering, washing and packaging the eggs.

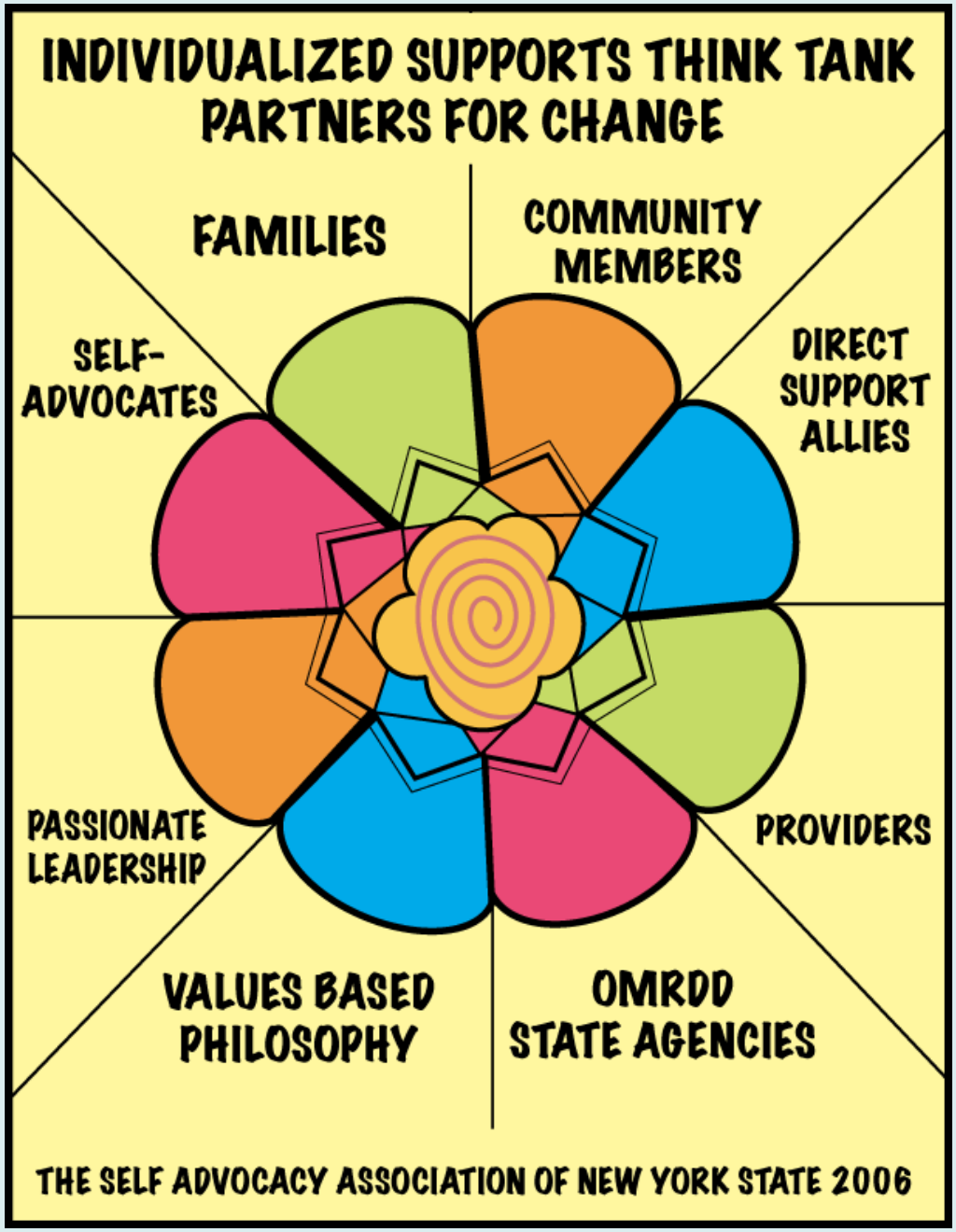
Ken assists with *many other jobs* around the farm such as caring for the animals and working in the green house.

He has defied all the odds, stereotypes and limitations stacked against him, and so can you.



Circles of Support

- Includes family members, close friends, chosen staff and other key allies
- Using a person centered planning process, explores the dreams, goals and desires of the person through a discovery process
- Energizes the plan and if sustained provides an ongoing group to help monitor outcomes and revisions over time


INDIVIDUALIZED SUPPORTS THINK TANK
PARTNERS FOR CHANGE
FAMILIES
COMMUNITY MEMBERS
SELF-ADVOCATES
DIRECT SUPPORT ALLIES
PASSIONATE LEADERSHIP
PROVIDERS
VALUES BASED PHILOSOPHY
OMRDD STATE AGENCIES
THE SELF ADVOCACY ASSOCIATION OF NEW YORK STATE 2006

Regulating Change

Hallmarks of Person Centered Habilitation Planning

- **Person centered; person-directed and individualized**
- Include activities and interactions that are **meaningful to the person** based upon his or her needs, interests, preferences, strengths, and capacities
- Activities, supports, and services foster skills to achieve meaningful goals and outcomes of the person: personal relationships, community inclusion, dignity and respect, etc.
- The individual uses, whenever possible, **natural settings in the broader community**
- The person has **meaningful choices and makes informed decisions**

HCBS Settings Regulation

‘The setting is selected by the individual among setting options, including non-disability specific settings…….. The setting options are identified and documented in the Plan and are based on the individual’s needs, preferences…..’ (441.301 (C)(4)(ii))

Choice of Setting where Waiver Services are Delivered

- HCBS Settings Rules require **choice** of the setting in which waiver services are to be delivered.
- This **choice** must include a non-disability specific setting.
- **Plan documentation reflects the choices offered including non-disability specific settings.**

This means that the Habilitation Planning process engages the person in decision making on where and how they receive their habilitation supports

Person Centered Habilitation Documentation

- **Documentation must clearly indicate that individuals have participated** in a person centered planning process and made decisions about where and how to receive their supports.
- **It must be clear from the documentation that the person's specific interest areas were explored**, as part of the person centered planning process, and are part of their proposed activities: Increased autonomy, Community integration
- A clear **outcome** of the person's choice or, when appropriate, the choice made by other people who know the person well must be included in the documentation.

HCBS Regulation: "The setting optimizes but does not regiment, individual initiative autonomy, and independence in making life choices, including but not limited to, daily activities, physical environment and with whom to interact" (441.301 (C) (4) (iv))

Some Values and strategies of person centered planning, thinking and processes

- Finds and Develops the gifts of each person
- Develops a vision that expresses these gifts
- Build a support Group (Circle) to make these ideas happen
- Builds a Community Network of Acceptance
- Changes services to be more responsive to the to the interest of people

From Beth Mount's Sourcebook, Person-Centered Planning: Finding Directions for Change Using Personal Futures Planning—1987,1992, 1997, 2000

A few of the challenges going forward

- Approximately 18000 people still live in group homes with more than 8 people
- Demographics of the workforce going forward
- State and Federal Government's limited financial resources

What does a person's life look like when they have a person centered plan and process, a circle of friends who supports them over time, and control of the resources available?