

Developing a Person-Centered Individual Support Plan for A Good Life in Virginia

Presented by the Department of Behavioral Health
and Developmental Services
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Module 1: Person-Centered Practices



Vision for Virginia

We see a Virginia where individuals of all ages and abilities have the supports we need to enjoy the rights of life, liberty, and pursuit of happiness and the opportunity to have a good life.



Having a good life means different things to different people.

It includes joy and happiness, health and safety, hopes and dreams, meaningful activities, intimate relationships with family and friends, having a home, transportation, work, money (bank accounts), and the ability to contribute to family and community.

We believe a good life is best led by the voice of the individual and by following these person-centered principles.



Virginia's Person-Centered Principles

Listening

Individual choices and descriptions of a good life are respected and followed.

Virginia's Person-Centered Principles

Listening

Community

Relationships with family, friends, and people in the community are very important and at the center of planning.

Virginia's Person-Centered Principles

Listening

Community

Self-Direction

Personal
choice and
control are
supported.

Virginia's Person-Centered Principles

Listening

Community

Self-Direction

Talents & Contributions

The experience, talents, and contributions of individuals, families and communities are strengthened and supported.

Virginia's Person-Centered Principles

Listening

Community

Self-Direction

Talents & Contributions

Responsibility

There is a
shared
responsibility
for supports
and choices.

Planning
begins with
the individual
and how we
think is the
foundation.



Person

Person-Centered Practices



Person-Centered Thinking

Involves seeing the individual differently by focusing on gifts, talents and abilities.

Involves tools that involve learning about individuals, especially those who do not communicate in traditional ways.

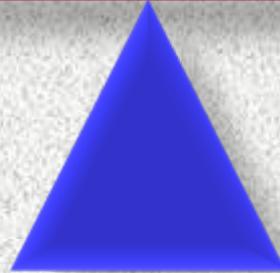
Involves using a set of values-based skills to support people toward a desired life.

Is needed at all levels of an organization to effectively create change for individuals.

Person-centered plans find a balance

between

What's important TO & What's important FOR



Important TO

What makes a person happy, content, fulfilled

- People, pets
- daily routines and rituals,
- products and things,
- Interests and hobbies,
- places one likes to go



Important FOR

What we need to stay healthy, safe and valued

- Physical and emotional health
- Safety and security
- Things that make you valued in community



What's working/ What's not working

- Analyzes situations from various perspectives
- Identifies what needs to change and what needs to stay the same



Learning Log

Date	Activity (What, Where, When, How Long)	Who Was There?	What worked well about the activity? What should continue? What did you learn?	What didn't work? What must be different? What did you learn?

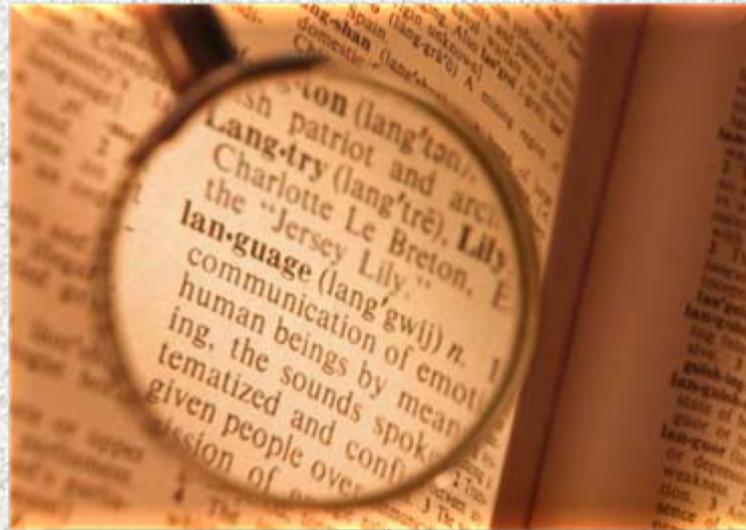
Communication Chart– Third Person

What's happening (or has just happened)...	_____ does this....	We think it means....	And others should...

Changes in Language

Mental Retardation = *Intellectual Disability*

Client/Consumer = *Individual*



Changes in Language

Case Manager = ***Support Coordinator***

Direct Care/Staff = ***Direct Support Professional***

Consumer Service Plan = ***Individual Support Plan***

Individual Service Plan = ***Plan for Supports***

Changes in Language

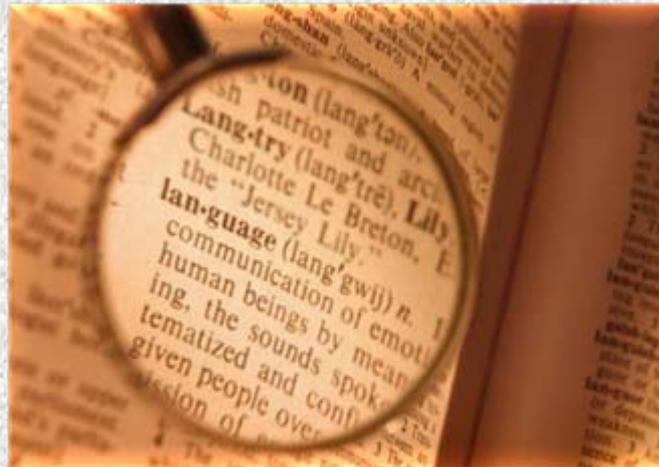
Training	=	<i>Skill-building</i>
Assistance/supervision	=	<i>Supports</i>
Specialized Supervision	=	<i>Safety Supports</i>
Quarterly Review	=	<i>Person-Centered Review</i>

Changes in Language

Goals = *Desired Outcomes*

Objectives = *Support Activities*

Interventions/Strategies = *Support Instructions*



Changes in Roles



Planning Partner

Person-Centered Team



Who can be a Planning Partner?

A friend...

family member...

support provider...



What does a Planning Partner do?

Helps the individual with:



- gathering information,
- arranging planning meetings,
- contacting partners,
- identifying off-limit topics,
- communicating with the SC.

Partner List

**Optional
Tool**

This partner list belongs to: Jack G. ISP Start: 3/1/09 End: 2/28/10

Partners

The people I want to help me with planning:	Relationship:	Contact information:	Accepted?	Alternate:
Gloria Jones	DSP	gjones@so.org	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Stephanie Klein	DSP	SKlein@abcres.com	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Marshall Morgan	DSP	540-788-9393	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Alan Thompson	DSP	540-200-8980	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Melissa Schaffer
John Turner	Friend	540-890-4497	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Max Akers	SF	540-777-8898	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Planning Partner			Accepted?	Alternate:
Stephanie Klein	DSP	SKlein@abcres.com	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	

Things to do with my planning partner:

- Individual Profile update
 Invite partners
 Schedule annual planning
 Convey any personal topics to support coordinator for planning

A person-centered team shares roles:

- Individual & SC → **Facilitator**
- Partners → **Contributors**
- Partner volunteer → **Recorder**
- Partner volunteer → **Timekeeper**
- Partner volunteer → **Hospitality**



Traditional versus Person-Centered

Traditional Planning

Planning **FOR** you

Talking **ABOUT** you

Focus on **fixing** disabilities

Health Health and safety **addressed** where you want to live

Others are “**in charge**”

Plans updated **on schedule**

Person-Centered

Planning **WITH** you

Talking **WITH** you

Focus on **discovering** abilities

Power is **shared**

Plans **change with the person**

This concludes Module 1 – Person-Centered Practices

