



Person Centered Planning: Planning for a Good Life

June 16, 2020

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Using Therap should neither circumvent nor take precedence over required care, nor should it impede the human intervention of care providers in a manner that would have a negative impact on any individual's well being.

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Brent Hesse

**Business Development
Consultant**

- Joined Therap in 2011.
- 19 years experience working in IDD field
- Started in field as a Direct Support Professional working for a PASA in Aurora, CO. Has worked in multiple facets of an organization including; Supported Living Services, Residential Services, and as the Director of a Day Program.

● Trained over 10,000 people on how to use Therap



Shae Dotson

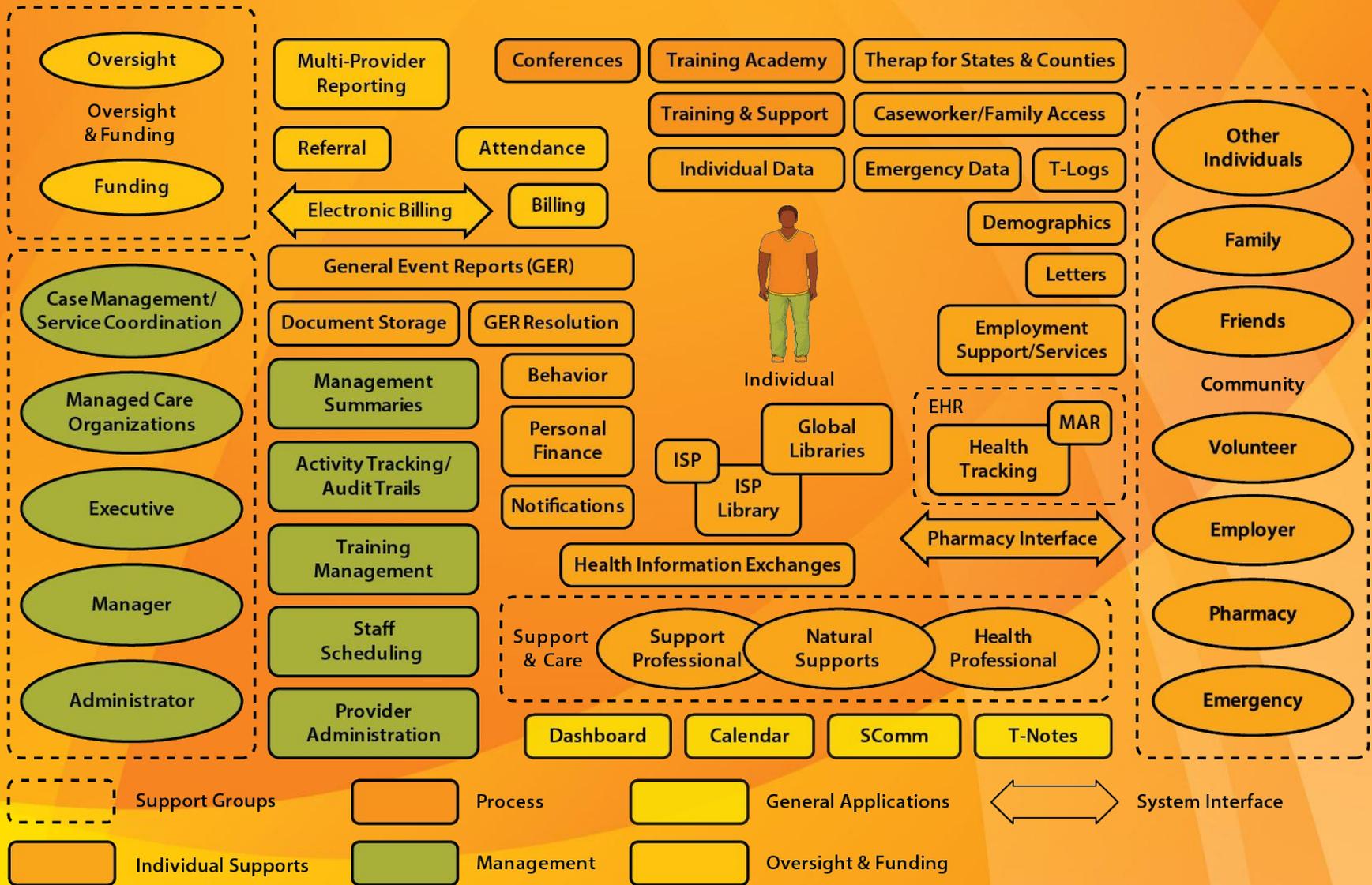
**State Implementation
Specialist**

- Joined Therap in 2014.
- Shae began supporting adults with intellectual and developmental disabilities in 2000. Shae is a certified Person-Centered Thinking Trainer and serves on the Board of Directors for The Learning Community for Person Centered Practices as well as the College of Direct Support National Advisory Board. Shae became a Charting the Life Course Ambassador in 2018.
- Shae serves as the lead on state implementation projects for Alabama I/DD, Alabama Mental Health and Substance Abuse, Arkansas, Mississippi and Puerto Rico. In addition, she serves as a Data Driven Outcomes Specialist and Global Implementation team member.



2020 Partnership Announcement
We are an officially Licensed
Affiliate of the CtLC Nexus

University of Kansas City
Institute for Human
Development, UCEDD
conducts and
collaborates on a wide
variety of **applied
research projects to
develop, implement,
and evaluate new
ideas and promising
practices that support
healthy, inclusive
communities.**



Joining Forces for a New Vision

1950s Mom-----Parent-----Family Movement

1970s Self-Advocacy and Independent Living Movements (Nothing about me, without me!)

2000s Siblings Movement

1960s Medicaid and Medicare Established

1980s Medicaid Waiver (Community Supports)

2010s Affordable Care Act

1970s Rehab Act: 504 Plans

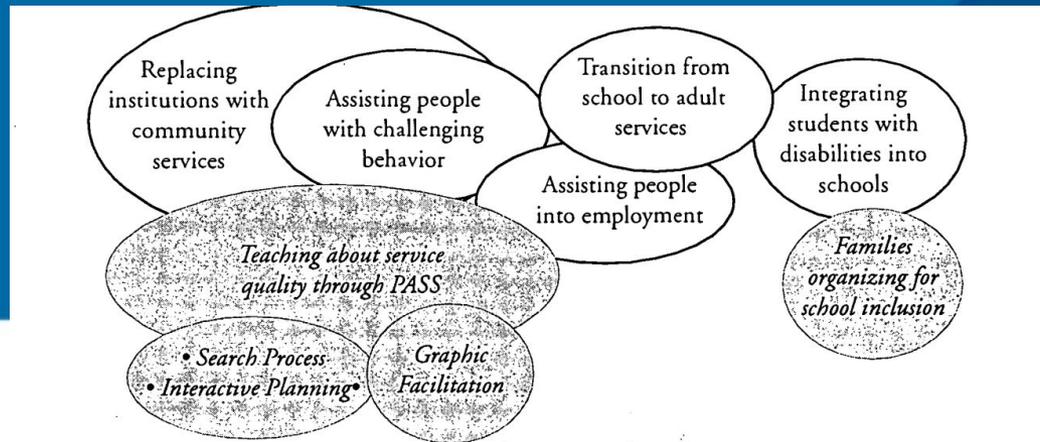
1975s Education for All Children

1990s IDEA and ADA

2000's Community and Society



The Development and Adoption of Person Centered Planning



UMKC Institute for Human Development
Charting the LifeCourse Nexus

from *The Origins of Person-Centered Planning: A Community of Practice Perspective*, 2000

1979

Initial Methodologies and Training Workshops “normalization”
24 Hours Planning, Personal Futures Planning

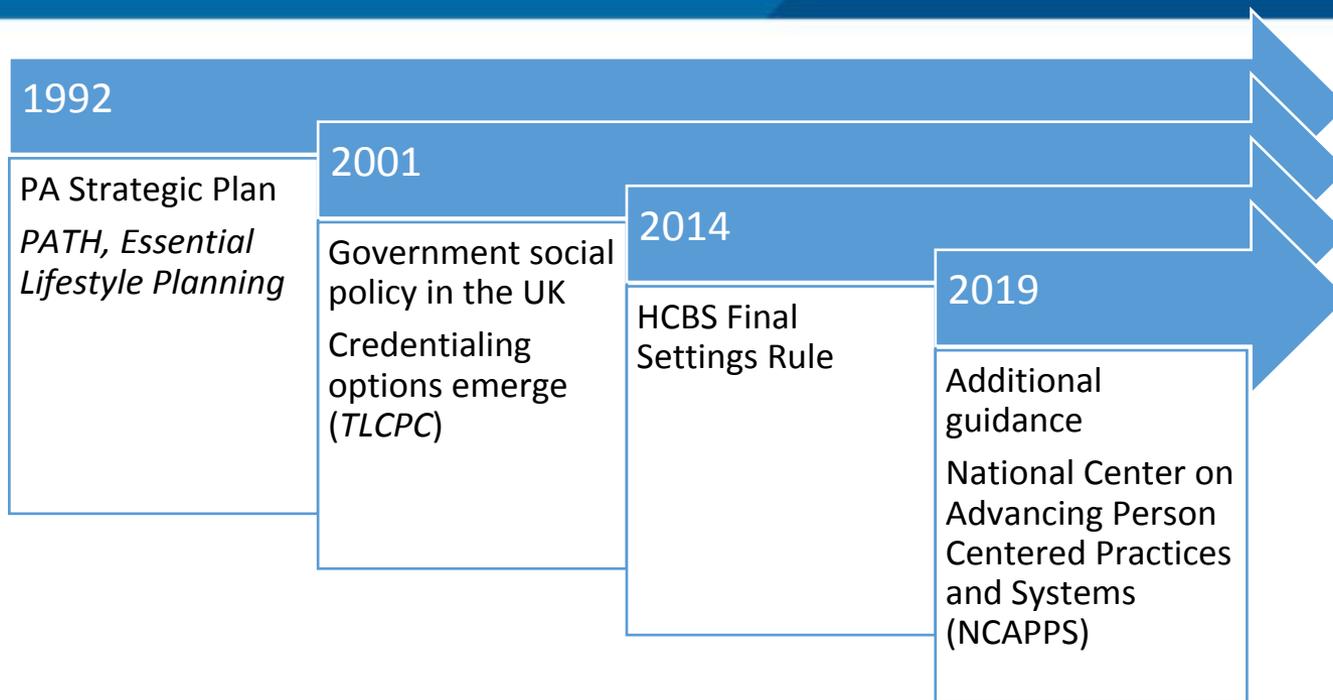
1985

Term “person centered planning” coined
People first, ordinary language, strengthening the voice of the person, valuing experiences, defining desirable changes
MAPS

1988

Some Regional and State Administrators exploring
Essential Lifestyles Planning

The Development and Adoption of Person Centered Planning



What is Person Centered Planning?

<https://acl.gov/news-and-events/acl-blog/person-centered-planning-and-self-direction-hhs-issues-new-guidance>

- a process directed by the person...
- ...identifies the person's strengths, goals, preferences, needs (medical and HCBS), and desired outcomes.
- ... enable and assist the person to identify and access a unique mix of paid and unpaid services
- ... creates a space of empowerment—a level playing field—that allows for consideration of personal preferences as well as health and safety needs
- ... helps people to live better lives, with support to do the things most important to them.

Developing a person centered plan starts with the discovery process. During the discovery process various skills and tools are used to collect information about the individual

- Rituals and routines
- Good day/bad day
- Communication Chart
- Relationship Map
- Reputations

There are several person centered tools provided by different national organizations. Each of the tools help guide people through the discovery process to understand what people want in their lives.

- MAPS
- PATHS
- Essential Lifestyle Planning
- Person Centered Thinking Tools
- Charting the Life Course



What is Charting the LifeCourse

Created to help individuals and families of all abilities and all ages

- *develop a vision for a good life*
- *think about what they need to know and do*
- *identify how to find or develop supports*
- *discover what it takes to live the lives they want to live.*





Core Belief:
All people and their families have the right to live, love, learn, work, play and pursue their life aspirations in their community.

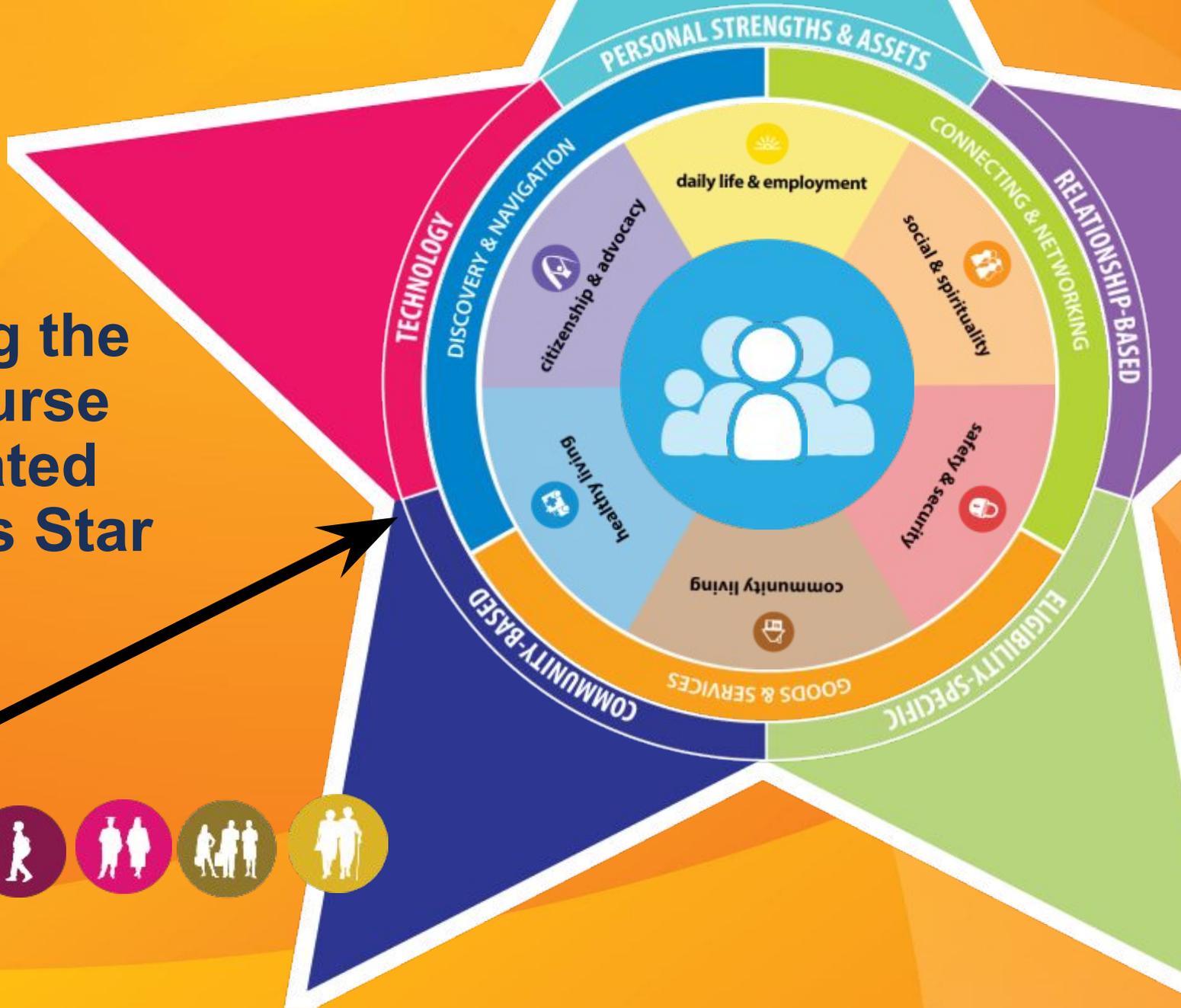




All Individuals Exist in the Context of Family

- ◉ Family is defined by the individual
- ◉ Individuals and their family may need supports that adjust as roles and needs of all members change
- ◉ Not dependent upon where the person lives

Charting the LifeCourse Integrated Supports Star



Source: <https://www.lifecoursetools.com/>

Good Life for ALL



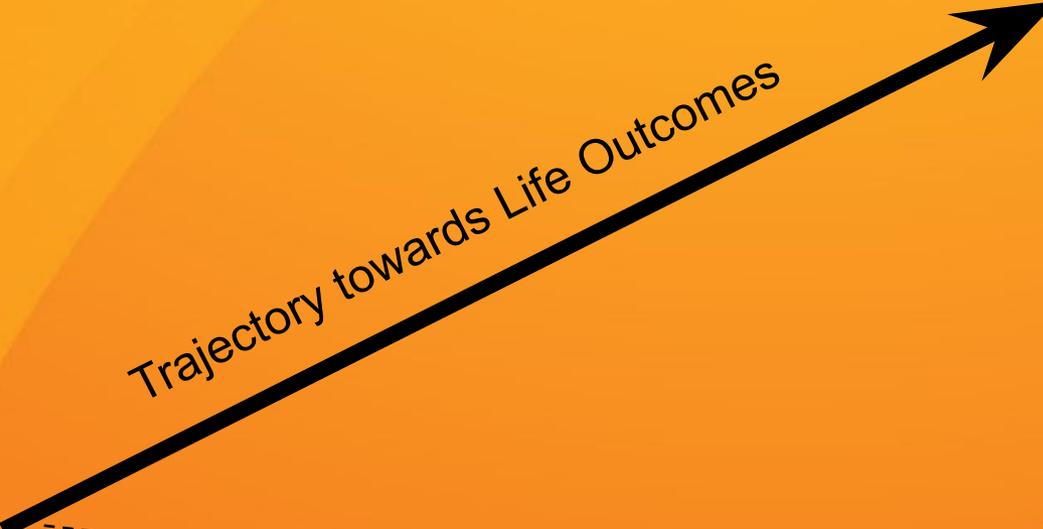
Individuals will achieve self-determination, interdependence, productivity, integration, and inclusion in all facets of community life



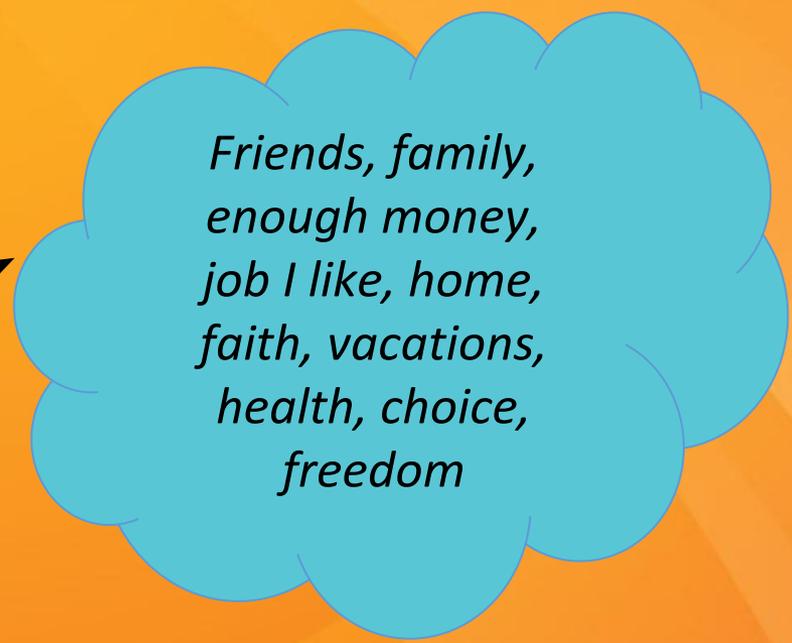
Families will be supported in ways that maximize their capacity, strengths, and unique abilities to best nurture, love, and support all individual members to achieve their goals

Charting the LifeCourse Trajectory Towards a Good Life

Trajectory towards Life Outcomes



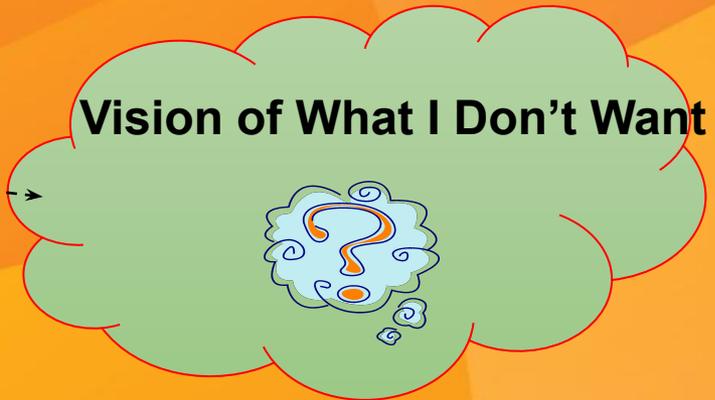
*Friends, family,
enough money,
job I like, home,
faith, vacations,
health, choice,
freedom*



Trajectory towards things unwanted



Vision of What I Don't Want



Charting the LifeCourse Trajectory

LIFE TRAJECTORY | EXPLORING

Vision for What I Want

What I Don't Want

Moving Forward
Identify present or future life experiences or goals that continue to support your good life vision

Vision for What I Want
List what you want your "GOOD LIFE" to look like

What I Don't Want
List the things you don't want or what is NOT a "good life"

List past life experiences that pushed your trajectory toward things you don't want

List things to avoid that could keep you from your good life vision or lead to what you don't want

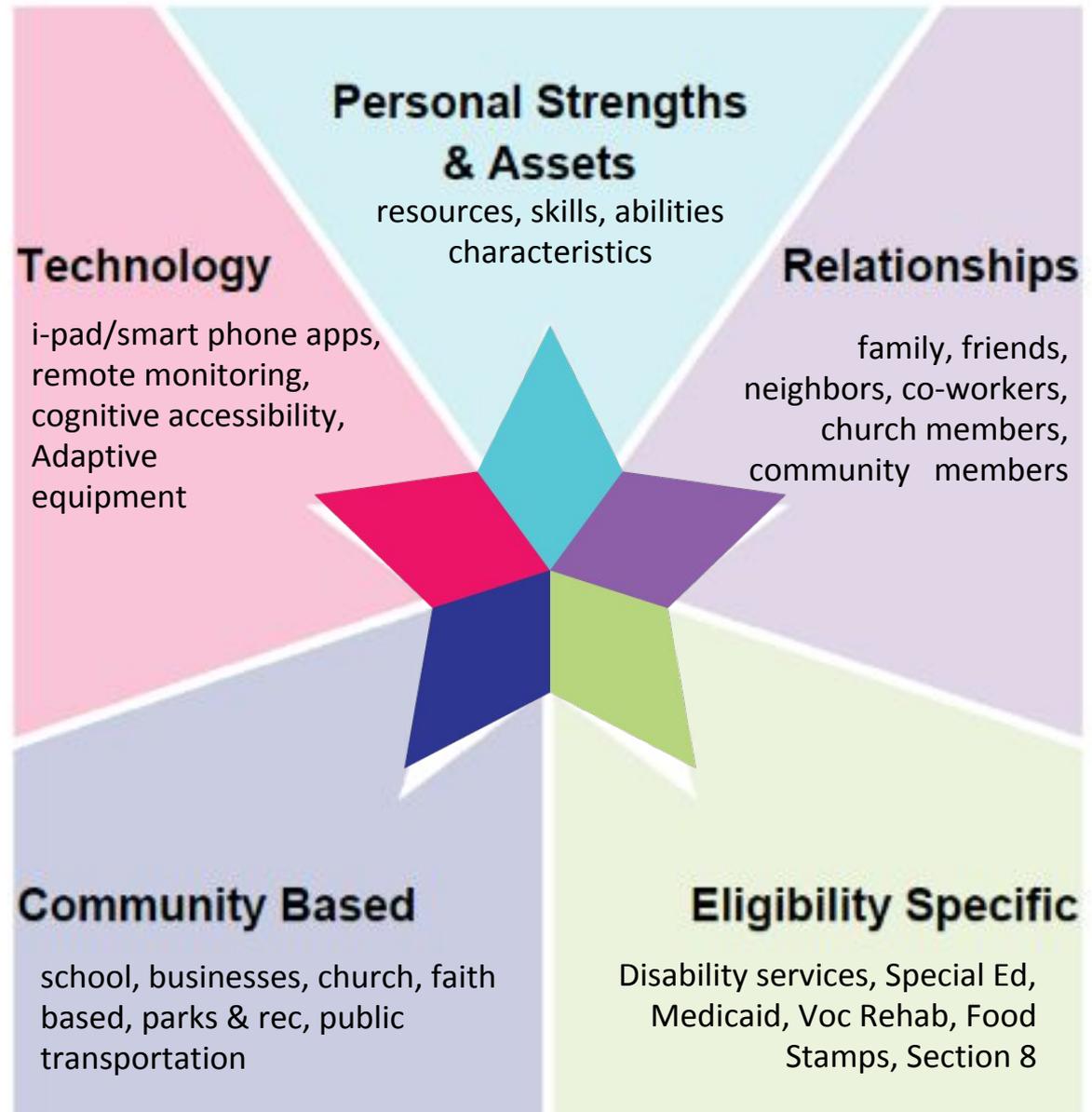
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Integrated Services and Supports

**More than
“Natural
Supports
and
Formal, paid
developmental
disability
services and
supports**

Charting the LifeCourse: Integrated Supports STAR



Integrated Life Domains



UMKC Institute for
Human Development
Charting the LifeCourse Nexus



Daily Life and Employment
(school/education, employment, volunteering, routines, life skills)



Healthy Living
(medical, behavioral, nutrition, wellness, affordable care)



Community Living
(housing, living options, home adaptations and modifications, community access, transportation)



Safety and Security
(emergencies, well-being, legal rights and issues, guardianship options and alternatives)



Social and Spirituality
(friends, relationships, leisure activities, personal networks, faith community)



Citizenship and Advocacy
(valued roles, making choices, setting goals, responsibility, leadership, peer support)

Comprehensive, Integrated & Coordinated Systems Across Life Domains & Stages

Pediatrician, Families and Friends,
Faith based



IDEA Part C, Parents as Teachers,
Health, Headstart



School, Special Education, Health,
Recreation



Vocational Rehab, Health,
Employment, College, Military



Disability Services, Health,
Housing, College, Careers



Retirement, Aging System, Health



Source: <https://www.lifecoursetools.com/>

Elevating the Voice of All Team Members



Supporting Person's
Self-Determination
& Self-Advocacy



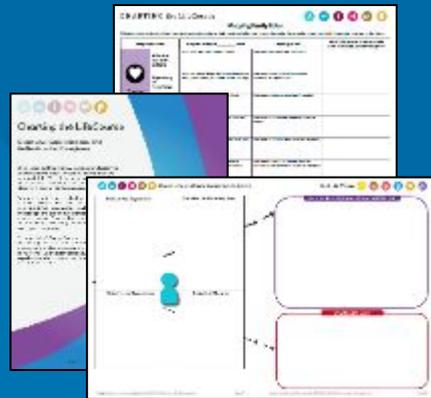
Supporting
Families
Across the
Lifespan



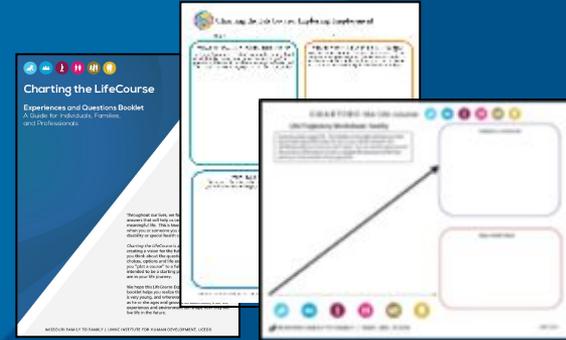
Supporting
Person-Centered
Practices

Tools for All Team Members

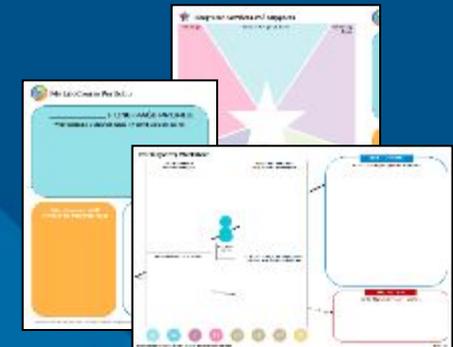
Planning for Life Outcomes
and/or
Service Planning



Family Perspective
Tools



Self-Advocate
Tools & Resources



Formal Planning
Tools and Forms

Questions?



Therap[®]

Shae Dotson

shae.dotson@therapservices.net

Brent Hesse

brent.hesse@therapservices.net