Person-Centeredness

Dreaming big and meeting needs

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NWDSA KIC 2019
My “why”
Person-Centered: What do we mean?

**Person-Centered Thinking**
- A foundational principle requiring consistency in language, values, and actions
- The person and their loved ones are experts in their own lives
- Equal emphasis on quality of life, well-being, and informed choice

**Person-Centered Planning**
- A methodology that identifies and addresses the preferences and interests for a desired life and the supports (paid and unpaid) to achieve it
- Directed by the person, supported by others selected by the person

**Person-Centered Practices**
- Alignment of services and systems to ensure the person has access to the full benefits of community living
- Service delivery that facilitates the achievement of the person’s desired outcomes
Person-centered vs Systems-Centered

https://www.youtube.com/watch?v=y77y7XW8GtE
Opportunity to Dream
Person-Centered Planning: Balance

Important For (Needs, Health & Safety)

Important To (Preferences, Joy & Satisfaction)
Many tools, one foundation

The person (and their loved ones) is an expert in their own life!
One-Page Profiles

• What people like and admire about the person
• What is important to the person
• How to best support the person
What is “Charting the LifeCourse”?

A movement led by families, people with disabilities and allies!

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

CTLC Principles:

• People exist and have reciprocal roles within a family system; roles change with time
• Individuals and families can focus on a specific life stage with an awareness of past and future, and should be supported to achieve their vision of a good life
• Individuals and families plan holistically, and have life experiences that build self-determination, social capital, economic sufficiency and community inclusion
• People lead whole lives made up of specific, connected, and integrated life domains
• Supports address all facets of life and adjust as roles and needs of all family members change
• Individuals and families access an array of integrated supports
• Individuals and families are truly involved in policymaking - and every program, organization, system and policymaker must always think about a person in the context of family.
What matters most?

Life Stages and Trajectory
Toward the Good Life

A
Best Friend

What do I know I
DON’T want?

Preschool
Sibling play
Play dates
T ball
Learn @ friendship
Sleepovers
Scouts
Social Stories

What do I know I
DO want?

A
Best Friend

What do I know I
DON’T want?
A different way of thinking

People with disabilities are members of their families and communities

With the best of intentions

All people receive integrated services and supports

Source: http://www.lifecoursetools.com © 2017 UMKC IHD, UCEDD. Used with permission.
Integrated Star

Holistic approach includes:

• Focus on the things we ALL rely upon
• Presumption of strengths and need for support are intertwined
• Avoid the “green life” - dependency on eligibility-based services
• Community integration supports reciprocal relationships
• Create the opportunity for contribution
Real Life

Zoe’s High School
Integrated Star

Goals:
- Go to college
- Many friends
- Volunteer
- Develop job skills

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<th>Technology</th>
<th>Personal Strengths &amp; Assets</th>
<th>Relationships</th>
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<td>Maraena, Jazmin, Nana</td>
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<td>Task list</td>
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<td>Elise, Grandma, Uncle</td>
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Friends: Emily, Claire, Mavee, Daniel, Sam, McKenna, Becca, Ginger, Courtney, Erin, Caroline, Rachel, Sarah, Chris, Daniel, Quinn, Mary Catherine, Michael, Emma,

Adult friends: Jamie, Kathleen & Rob, Kathy & Al, James & Susan, Connie & Cheryl, Rich & Jenn, Heather W., Heather S., Lisa D., Henry & Eve, Becca & Patrick, Angela & Steven

GMHS Choir
GMHS Lasso
GMHS sporting events
Best Buddies
Volunteering at Clemmyontri
Everybody Dance
Reading to TJ students
Neighborhood - Timber
Cherry Hill Park
Starbucks
Subway
Giant
FCC Community Center

Classroom supports
Vocational rehabilitation (Jessica)
Transition planning (Ms. McCarthy)

Eligibility Specific
Learn More

National/International Resources:
http://www.lifecoursetools.com
http://helensandersonassociates.co.uk/person-centred-practice/person-centred-thinking-tools/
https://tlcpcp.com/work/essential-lifestyle-planning/
https://inclusive-solutions.com/person-centred-planning/

Oregon One-Page Profiles:
https://oregonisp.org/1ppa/