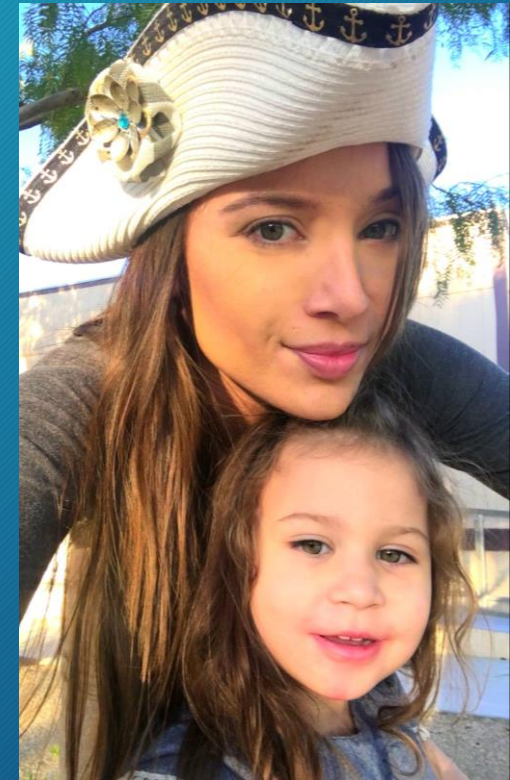


Person-Centeredness

Dreaming big and meeting needs

Sharon Lewis
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

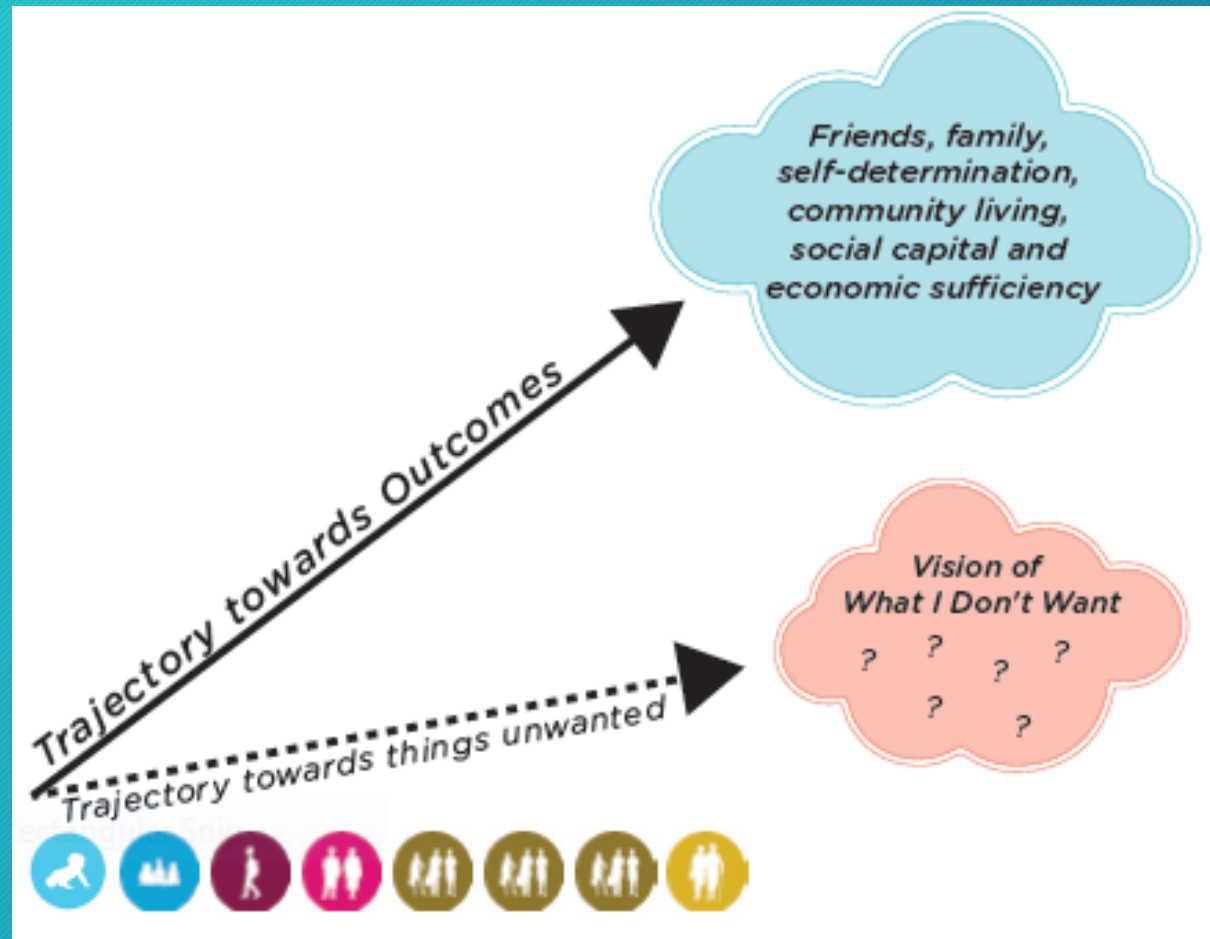
Person-Centered Practices

- 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



Opportunity to Dream

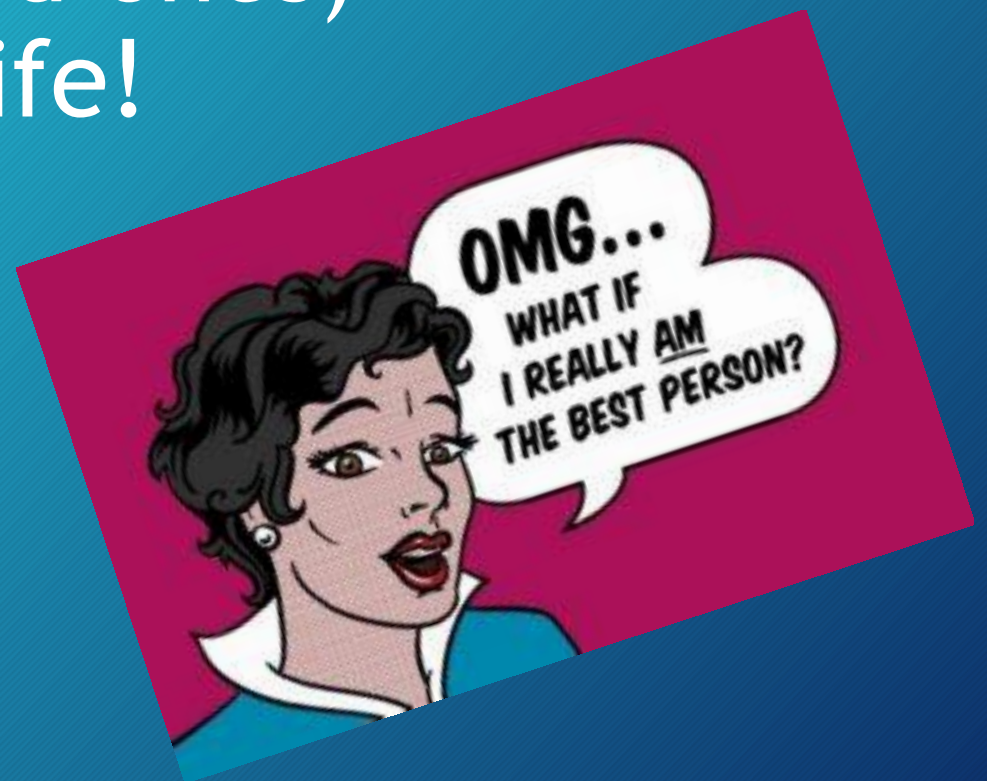


Person-Centered Planning: Balance



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



My Name is Cainan



What is Most Important to Me:

- Spend time at my Grandma's house
- Hanging out with my brother
- Popcorn and chocolate milk
- Play board games
- Watch Netflix
- Play with my cousins
- Learning about the solar system and things about our planet
- Walking to school instead of riding a bus
- Being in the same school as my brother
- Participating in plays/acting

What People Like and Admire About Me:

- Outgoing and like to make friends
- I share my goals and supports in a presentation I developed
- Not afraid to share what I want
- Enjoy school
- Want opportunity to learn
- Do not give up easily
- Dedicated to completing my work



How to Best Support me:

- I have a presentation for my IEP
- The more sleep I get the better I do at school
- Sometimes I get stressed about not completing my school work
- I use a slant board at school to help hold my paper
- Doing work on my computer helps me do my work faster, writing slows me down
- A morning snack is important to allow me to have enough energy to get my work done
- I have a very strict calorie diet
- My mom creates a meal schedule for me
- Reassure me or help me talk through a difficult situation
- Because of my energy level, I cannot do a lot of running
- Having a schedule or plan during the day helps me prepare for the day
- If I want an additional snack, I do more exercises (run laps)
- I get out of class 4 minutes early for recess to use the restroom
 - I have someone support me during recess



What is “Charting the LifeCourse”?

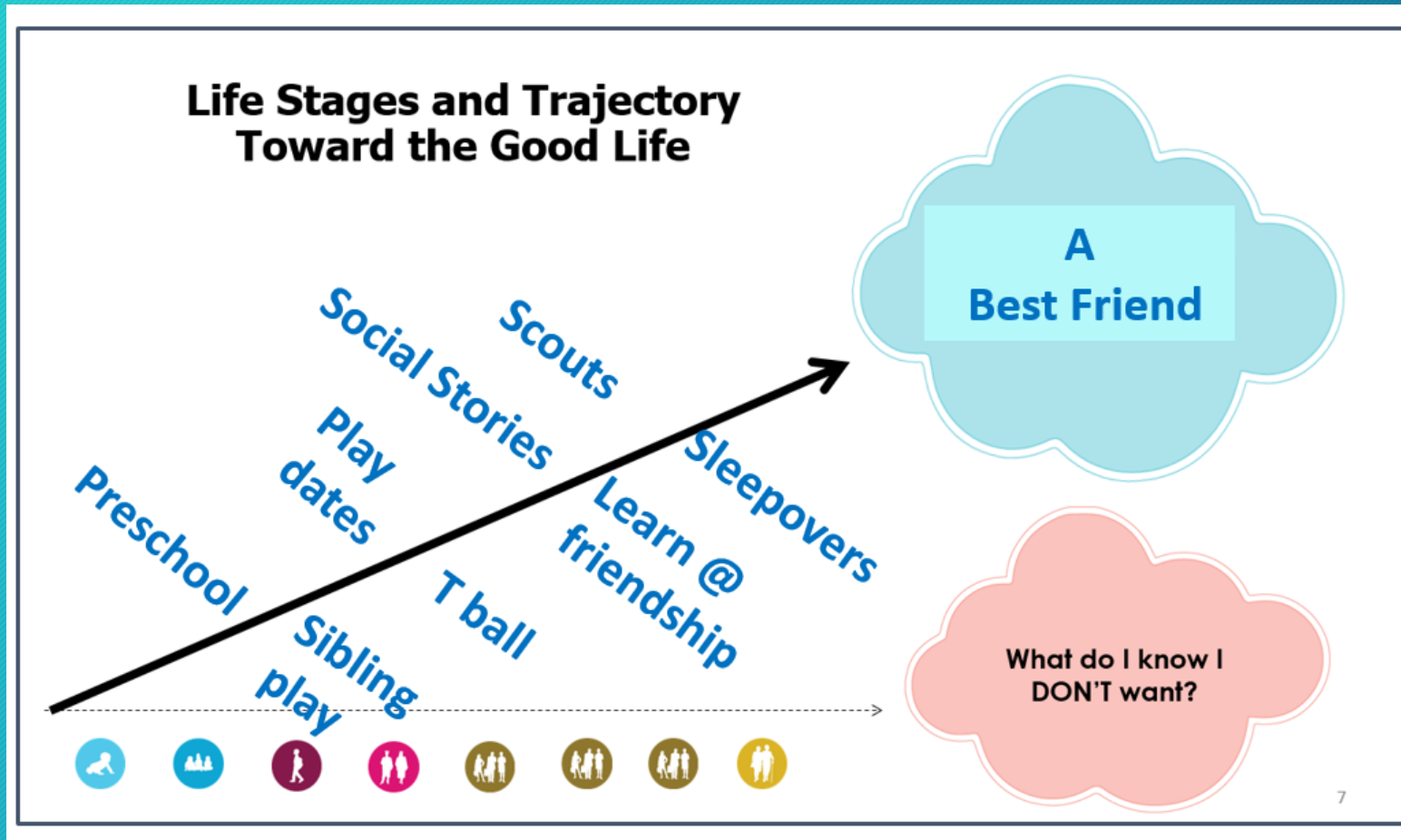
A movement led by families, people with disabilities and allies!

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

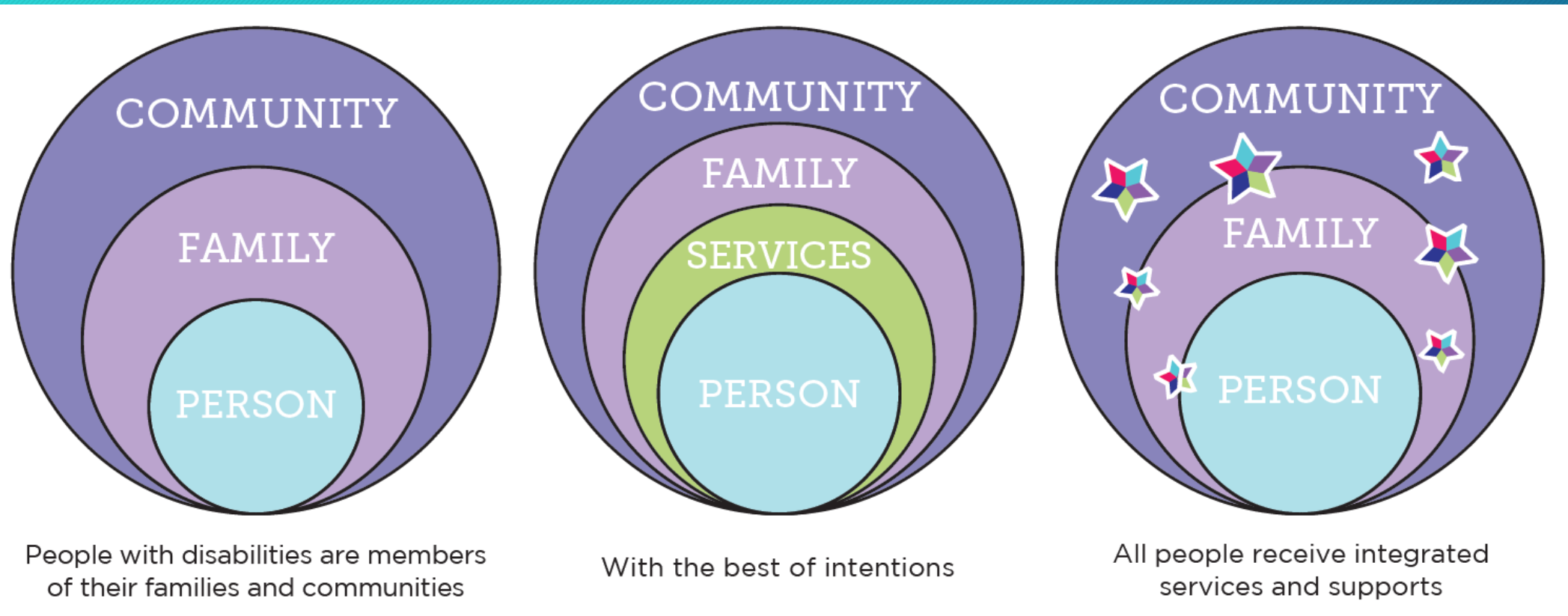
CTLC Principles:

- 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?



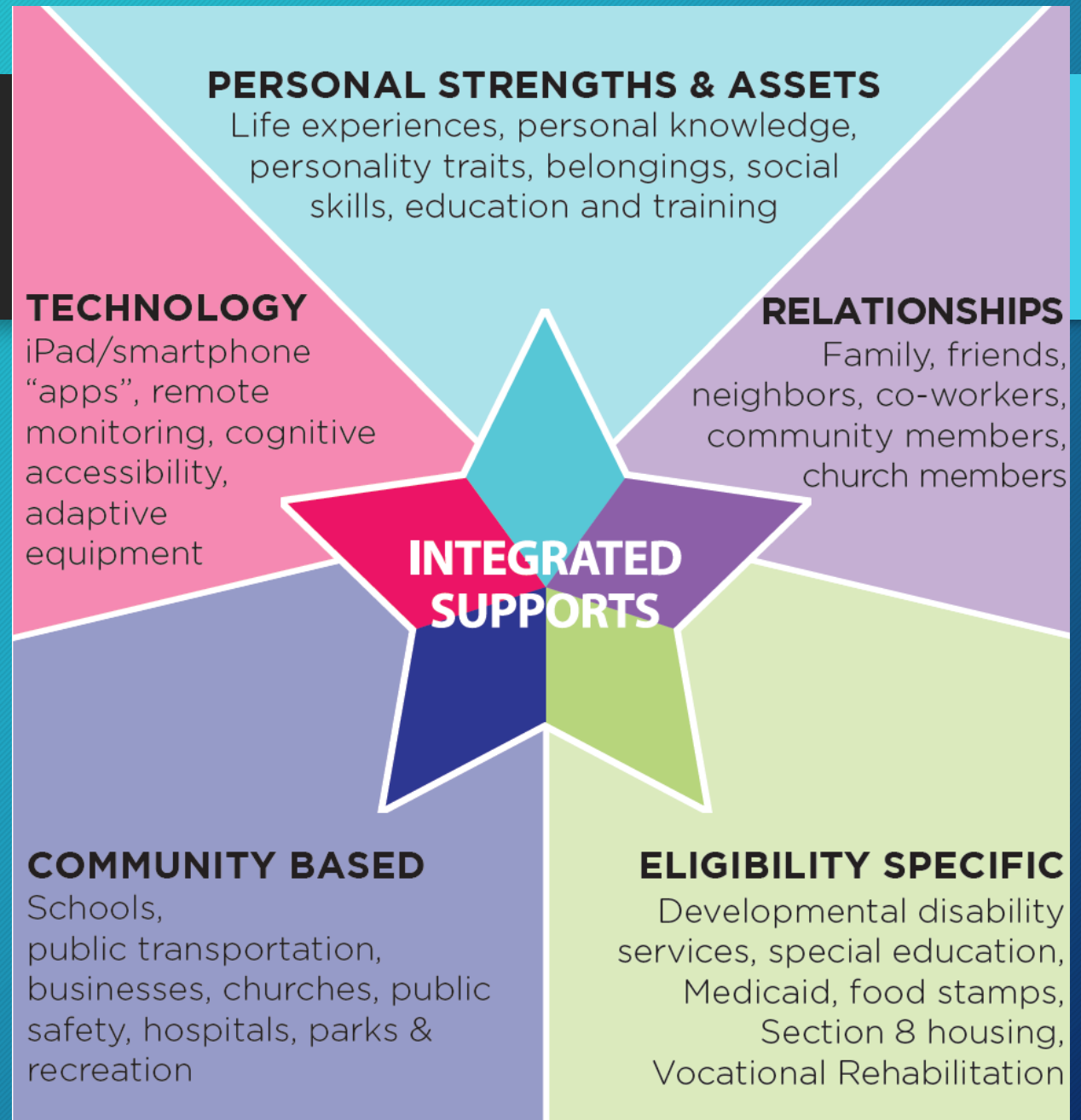
A different way of thinking



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

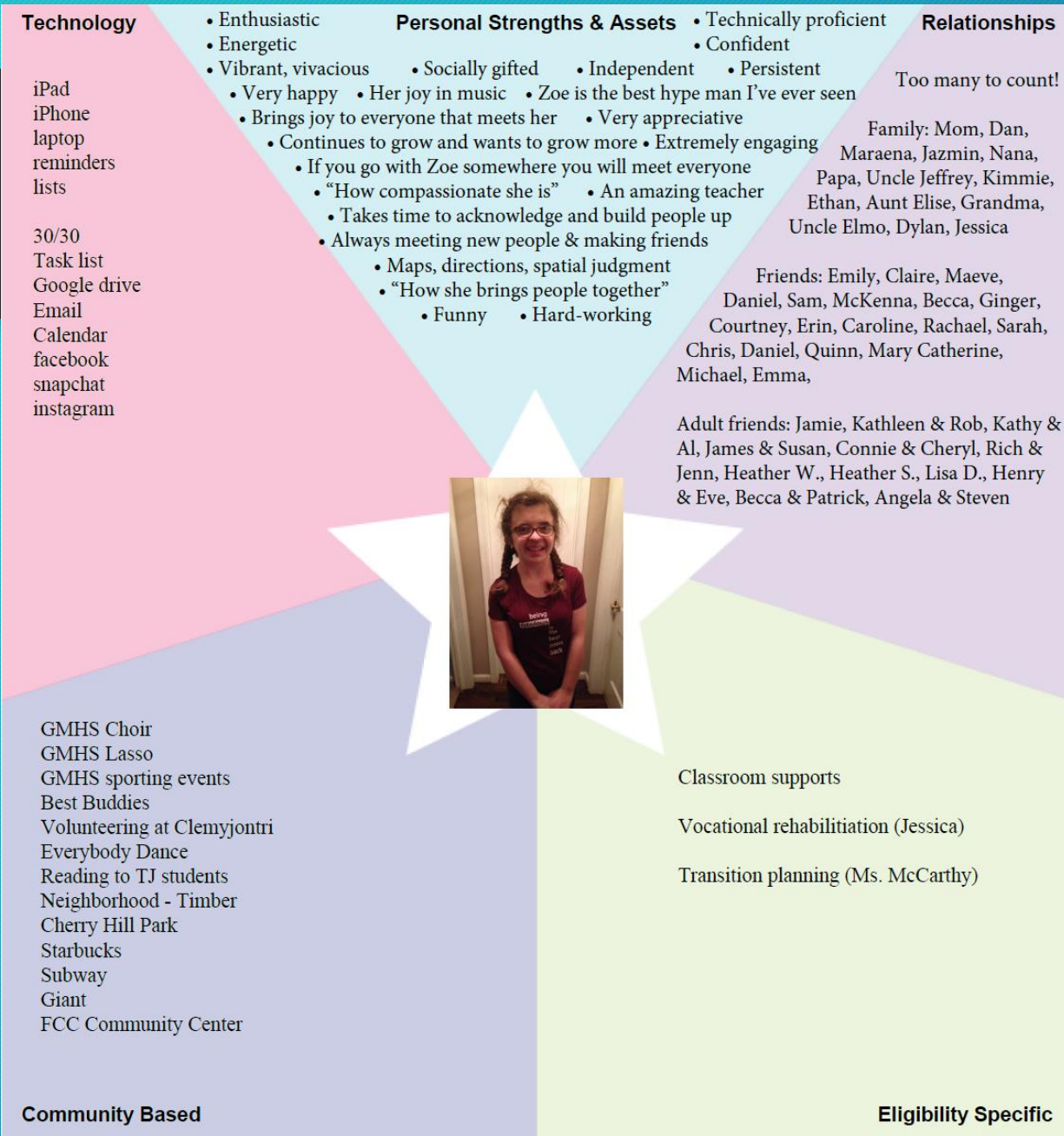


Real Life

Zoe's High School Integrated Star

Goals:

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



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/>