Taking the Lead

Via self-determination and person-centered practices

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"Person-Centered"

Setting an entirely different tone

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Person-Centered Practice: a family of approaches & tools that share a common foundation of beliefs:

- ***The person at the focus of planning and support, and those who love the person, are the primary authorities on the person's life direction.***

- Purpose=Learn through shared action, walking together.

- We aim to change common patterns and routines of human service systems.

- Honest person-centered practice can only come from respect for the dignity and completeness of the individual.

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EFFECTIVE *PERSON-CENTERED* TEAMS…

1. Work hard to discover and build on ideas and info provided by the individual and key people in their life.

2. Focus on accomplishments, what is working and what is not working, opportunities, success… and work to pursue effective strategies.

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EFFECTIVE *PERSON-CENTERED* TEAMS…

3. Develop and maintain efficient formats for running meetings and solving problems together. Focused, productive meetings with results and next steps articulated.

4. Share the leadership role.

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EFFECTIVE PERSON-CENTERED TEAMS

Once a team successfully supports desired change for one person, it becomes more efficient and proficient... and can expand its efforts and success to others.

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Meeting Ground Rules that are Person-Centered

1. The individual will have the first opportunity to respond, loved ones next.
2. All ideas are respected as important and will be written down – feel free to correct me if I mis-state you.
3. You can pass, stop, or ask to move on if an issue is sensitive or too personal.
4. The process is meant to build on strengths, so let's be positive and use positive language.
5. All input is welcome – no idea is "silly." No arguments.
6. Relax. Be comfortable, creative, and have fun with this! We are here to think together.

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Common life experiences of adults with disabilities and seniors that are of great concern...

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Lives of Those We Support

- Boredom
- Loneliness, Isolation
- Minimal sense of purpose or accomplishment
- Control and choice rests mostly with others, not the individual
- Not much to look forward to

Start there... then seek evidence to affirm or rule out

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Think about the plans and documents we produce in our work

What if... the name of the person was erased????

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From which information can you best tell **WHO IS THIS** ?

My Sources of Joy, Pleasure, Meaning, Purpose

OR

Diagnostic Assessment & I_P Goals and Objectives

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My Sources of Joy, Pleasure, Purpose, & Meaning

Let's put this information front and center, and make it the priority for orienting all support staff!

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SEARCH FOR CAPACITIES

SEEK CONNECTIONS

BE OPEN TO YES

John O'Brien

OPEN
FUTURE
LEARNING
.ORG

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Shouldn't we be supporting his/her life **beyond "mere existence and sustenance"**?

FRIEND
CAPABLE
EMPLOYED
ADVOCATE
IN CONTROL

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Start with JOY
Make joy the goal

The results will be amazing!
Reclaiming purpose, joy, and commitment

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When are **YOU** most motivated and engaged to practice or learn new...

- Housekeeping skills?
- Food preparation skills?
- Looking good skills?
- Communication skills?
- People skills?

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So many skills can be built far more effectively within the context of a joyful, purposeful, meaningful activity!

every moment has potential

active support
openfuturelearning.org

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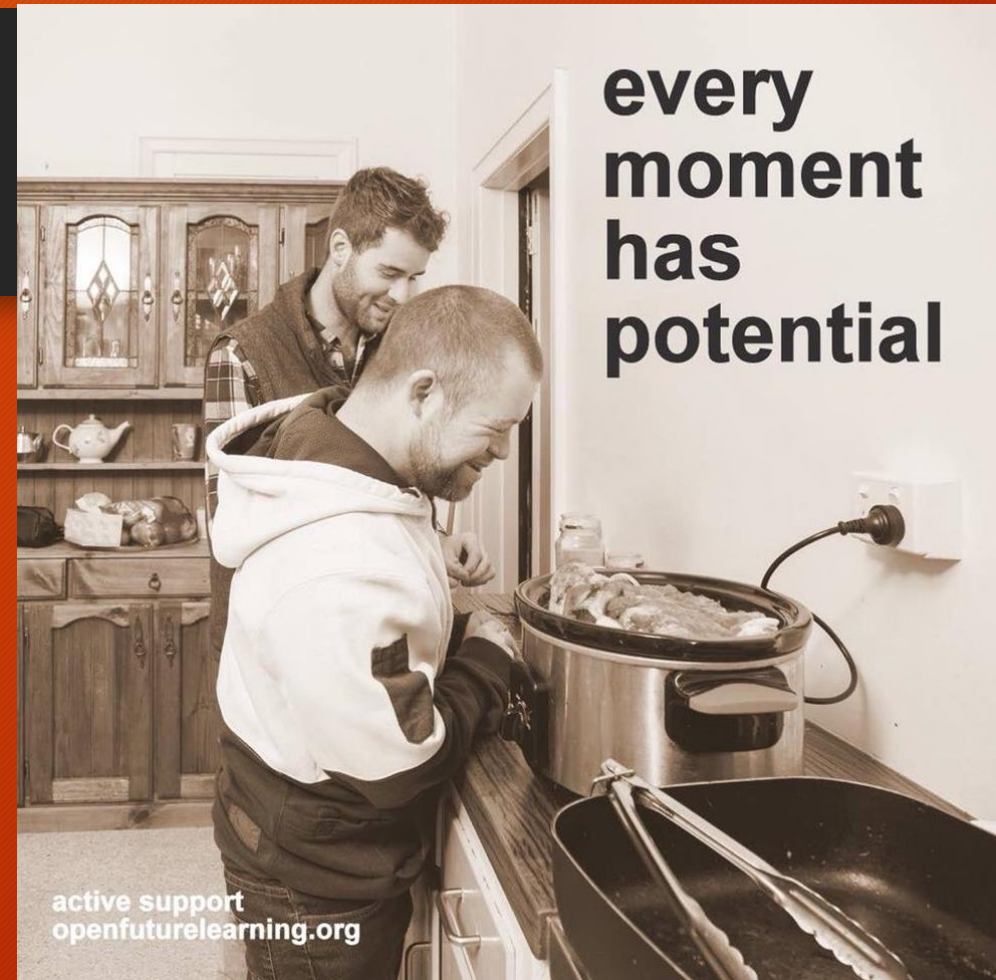
Step #1: Map out a joyful day

__Personal__ meaning, purpose, and enjoyment

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Time and Joyful Activity	Skills Objective	Skills Objective	Skills Objective
YMCA MW 8:30-10 AM	ADLs – dressing, showering, laundry	Time management – alarm, timer	
Farmer's Market Sat morning	Performing the financial transaction	Time management – alarm, timer	
Household & Grocery Shopping Wed & Sat afternoon	Performing the financial transaction	Time management – alarm, timer	
Movies Thurs afternoon	Performing the financial transaction	Time management – alarm, timer	
Picnic in the park Tues & Fri evening	Food prep	Time management – alarm, timer	
+ Baking	Following sequential steps	Time management – alarm, timers	
+ Church	?	?	

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It's not the tool, it's the touch

Tom Petty

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