



# Putting People at the Center of the Practices

# Reminders

- 1 Participants will be muted during this webinar. You can **use the chat feature** in Zoom to post questions and communicate with the hosts (chat “To Everyone” for all to see).
- 2 Toward the end of the webinar, our speakers will have an opportunity to **respond to questions** that have been entered into chat.
- 3 The webinar is being **live captioned in English**.
- 4 Attendees may receive **1.5 Continuing Education Credits**. To confirm attendance, please login to the webinar via your Zoom account.
- 5 The live webinar includes **polls and evaluation questions**. Please be prepared to interact during these times.
- 6 This webinar is being recorded. **The recorded webinar will be available** at [www.hsri.org/nd-pcp](http://www.hsri.org/nd-pcp) within two weeks, along with a PDF version of the slides, and questions and responses.

# Agenda

- 10:30 - 10:40    **Welcome**  
*Jake Reuter and Pamela Sagness*
- 10:40 - 11:10    **Presentation**  
*Jennifer Turner*
- 11:10 - 11:15    **Break**
- 11:15 - 11:20    **Welcome Back**
- 11:20 - 11:55    **Panel of Individuals with Shared Experiences**  
*Alisha Owens, Lindsay Schuh, Shannon Strating and Shannon VandeVenter*
- 11:55 - 12:00    **Closing + Next Steps**

# Welcome

## Pamela Sagness

*Executive Policy Director, Behavioral Health Division*

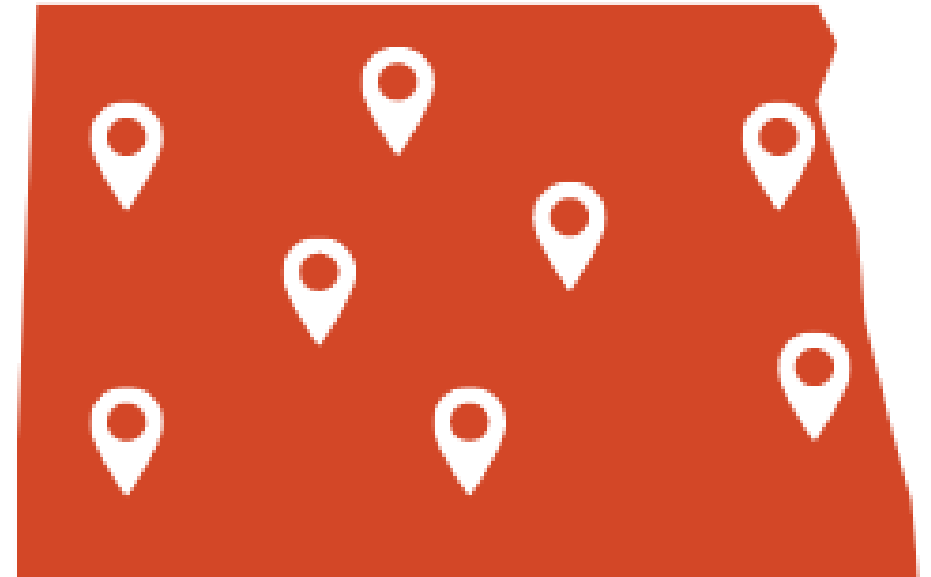


- Responsible for identifying service needs and activities in the state's behavioral health system.
- Works with partners to address behavioral health needs across the continuum from prevention to recovery.
- Experience as a clinical provider in both the public and private sectors informs her development of effective programs and policies with a focus on systemic change.

# Statewide + Systemwide Initiative

**Person-Centered Practices (PCP)**  
assist individuals in having control  
over the life they desire, and fully  
engaging in their communities.

North Dakota is developing a strong and  
consistent statewide vision and  
universal understanding of person-  
centeredness across all North Dakota  
Department of Human Services entities  
and community partners.



# How to Implement



**Bring diverse  
voices** to the table



**Support individuals  
participating** in  
services and  
statewide system  
change efforts



**Transform policies**  
to reflect statewide  
person-centered  
values and culture



**Ensure  
communication** is  
accessible and  
relatable

# Support from Subject Matter Experts

## Technical Assistance

The National Center on Advancing Person-Centered Practices and Systems (NCAPPS) helps states, tribes, and territories implement person-centered thinking, planning, and practice in line with US Department of Health and Human Services policy. North Dakota is one of 15 states to receive Technical Assistance for up to 100 hours of subject matter expertise for three years, to help advance person-centered thinking, planning, and practice. The third year begins in October 2020.

## Collaboration with Local ND Stakeholders and Tribal Nations

Local organizations, advocacy groups, and representatives from Tribal Nations have contributed to development of North Dakota's Person-Centered Practices initiative.

## Project Management

Support for the statewide initiative, including coordination of efforts, is being provided by the Human Services Research Institute (HSRI).

# Materials



## [www.hsri.org/nd-pcp](http://www.hsri.org/nd-pcp)

A public website with updates on North Dakota's PCP system change initiative.



## Asset Map

A working tool to:

- document existing stakeholder engagement opportunities
- encourage systematic and strategic thinking about next steps
- save time and resources
- reference when brainstorming potential groups to engage
- expand and improve on current systems and processes

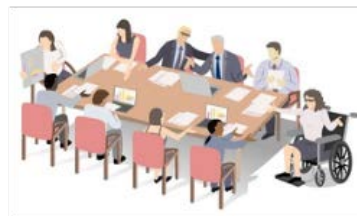


## Technical Assistance Plan

NCAPPS, HSRI, a cross-division workgroup and subject-matter experts are managing North Dakota's plan and related activities to ensure system change.

## Person-Centered Practices Summit

Three-part webinar series in Fall 2020 to engage individuals receiving services, their families, stakeholders, and providers in a true form of collaboration to reach a shared understanding of PCP, facilitate connections, embrace cultures and promote improvement for system change.



## How to Engage Individuals Who Receive Services

North Dakota's Guide of Best Practices outlines proven strategies on how to consistently involve individuals in workgroups and teams, so they are at the table when decisions are being made.



# Person-Centered Practices Self-Assessment

All divisions in the Department of Human Services will engage in the Person-Centered Practices Self-Assessment process.

- Aging Services
- Developmental Disabilities
- Children & Family Services
- Behavioral Health
- Vocational Rehabilitation
- Administration Services
- Medical Services (Medicaid Office)
- Field Services (Life Skills & Transition Center)

The Self-Assessment is an online, internal tool for people who manage programs that offer support services to measure their progress toward building a more person-centered system.

# Areas Covered in Self-Assessment

## Leadership

How well people in charge know about and support person-centered practices.

## Person-Centered Culture

How person-centered is the system's culture and how can person-centered approaches help address risks.

## Eligibility & Service Access

How person-centered is the intake and assessment process for people seeking supports.

## Financing

How are agreements with providers structured and how well are services helping people reach their goals.

## Person-Centered Service Planning

How is the process for creating person-centered plans and ensuring the services are working.

## Workforce Capacity & Capability

How well staff know about and have the skills to deliver person-centered planning and supports.

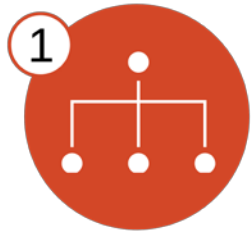
## Collaboration & Partnership

How are partnerships with service users, families, service providers, and advocacy organizations.

## Quality & Innovation

The agency's mission and standards.

# Self-Assessment Process



Assign Division Leads and Determine Participants



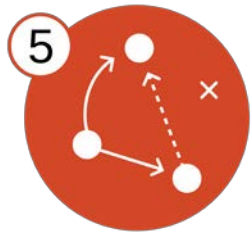
Participants Take Online Self-Assessment



Review Scores and Establish Consensus on Baseline Status



Engage Stakeholders and Service Users to Inform Action Plan



Use Information to Create Action Plan



Communicate Action Plan Throughout the Division

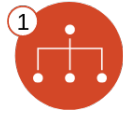


Evaluate Progress Every Six Months



Update System Goals

# Status Update



Assign Division  
Leads and  
Determine  
Participants



Participants  
Take Online  
Self-  
Assessment



Review Scores  
and Establish  
Consensus on  
Baselines



Engage  
Stakeholders and  
Service Users to  
Inform Action Plan



Use  
Information  
to Create  
Action Plan



Communicate  
Action Plan  
Throughout  
the Division



Evaluate  
Progress  
Every Six  
Months



Update  
System  
Goals

## Aging Services

Pilot Program: Fall 2019



## Developmental Disabilities

Timing: Summer 2020



## Children & Family Services

Timing: Fall 2020



## Behavioral Health

Timing: TBD



## Vocational Rehabilitation

Timing: TBD



## Administration Services

Timing: TBD



## Medical Services (Medicaid Office)

Timing: TBD



## Field Services (Life Skills & Transition Center)

Timing: TBD



# Recap of First Webinar

## Building Foundations for Person-Centered Practices

*Michael Smull*



- Person-Centered Planning is never done to you, is always done with you, and helps you move in a positive direction.
- Person-Centered Planning is about asking the right questions, respectfully listening, and organizing the learning.
- Good plans are living plans:
  - You feel that you have met the person (and not just the disability)
  - The plan respectfully reflects the person's culture and identity
  - You know what the person wants the plan to accomplish
  - How to best support the person in moving toward their outcome(s) is clear

# Tammy's One Page Description

## What is Important to Tammy (pages 7-8)

- Being a part of things
- Having eye contact with everyone
- Looking stylish and having her hair and nails done
- Being comfortable and not having her tubes underneath her
- No roughness in personal care

## What People Like and Admire about Tammy (page 6)

- Is always smiling
- Totally accepts people
- WONDERFUL personality
- Stylish
- Accepting and forgiving
- Resilient
- Great sense of humor
- Friendly and social



## Tammy's Picture Of A Life (Pages 19-21)

- Live in a big wheelchair accessible home with extra wide doors, close to her family
- Have a fun and social housemate
- Have a beautician she can go to regularly
- Have a social medical day program close to home
- Have specialized medical services and medical equipment (including backup generator)

## Supports Tammy Needs to be Happy, Healthy and Safe (pages 10-14)

- Always have her head elevated
- To be suctioned frequently (5-6 times per shift). Gurgling noises means she needs to be suctioned
- To have people be kind, sensitive, loving and have a gentle touch
- Be gentle with brushing her hair (she doesn't like it, but wants it to always look nice)
- Always make sure her clothes match and make sure it's not sweat clothes
- Tammy needs to be repositioned every two hours
- Always follow through with a promise or give an explanation of what is going on and when you can keep the promise if something comes up
- Be sure to have Tammy use her body to keep flexible



# Describe what Person-Centered Practices are.



# Presentation

## Jennifer Turner, LCSW

*Strategizer of Solutions, Charting the LifeCourse Nexus*

*[turnerje@umkc.edu](mailto:turnerje@umkc.edu) / 816-235-5450 / [www.lifecoursetools.com](http://www.lifecoursetools.com)*



- Passionate about the development and implementation of best practice that will drive systems change and impact families.
- Lead for Organizational and System Change Initiatives at the University of Missouri – Kansas City, Institute for Human Development
- Her commitment to advocacy and social justice originates in her first – and most important – role of “big sister” to two siblings – a sister in her 30’s with a disability and a sister who is 15 and adopted.
- Licensed as a Clinical Social Worker
- Formerly a Support Coordinator and Director of a Provider Agency
- Co-Director for the National Community of Practice for Supporting Families
- Subject Matter Expert for the National Center on Advancing Person-Centered Practices and Systems



# Today's Objectives

- 1 Introduce the Charting the LifeCourse framework that is being used to enhance policy and practices around the country.
- 2 Toward the end Share concrete examples of the Person-Centered Practices that support choice, control, and decision-making.





# **Overview of the Charting the LifeCourse Framework**

# Who We Are

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**.



# Charting the LifeCourse



## Exchange

- Access to Resources and Tools
- Training
- Technical Assistance



## Build

- Innovate and Enhance
- Develop
- Research

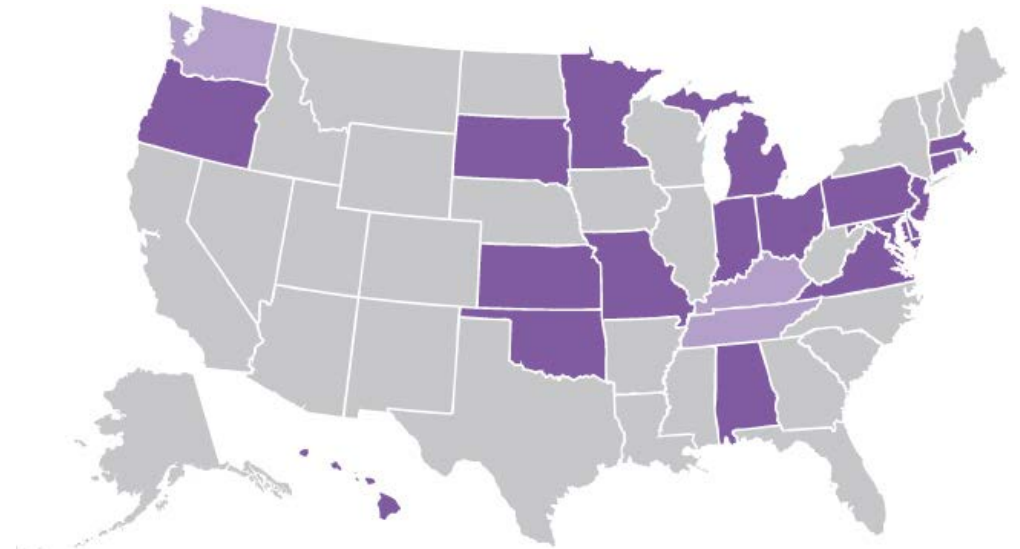


## Collaborate

- Network and Connect
- Share Learning
- Share Stories

# The National Community of Practice for Supporting Families

Enhances and drives policy, practice, and system transformation to **support the person within the context of their family and their community.**



Collaboration Between:

NASDDDS

National Association of State Directors  
of Developmental Disability Services

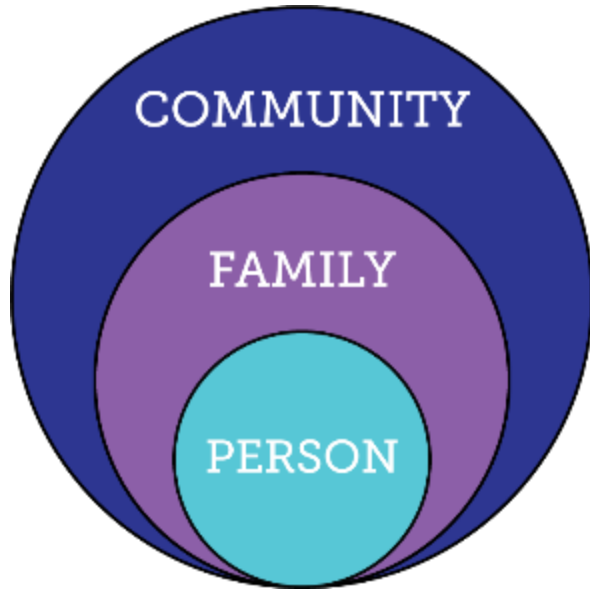
UMKC Institute for  
Human Development  
A University Center for Excellence in Developmental Disabilities



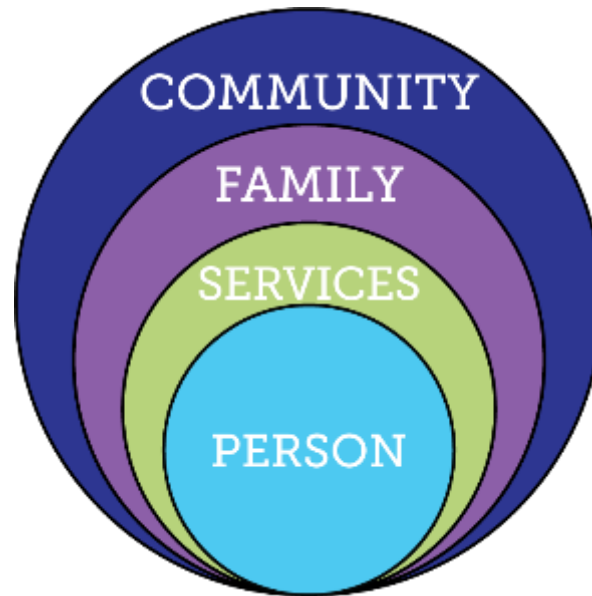
**Core Belief:**  
**All people and their families have the right to live, love, learn, work, play and pursue their life aspirations in their community.**



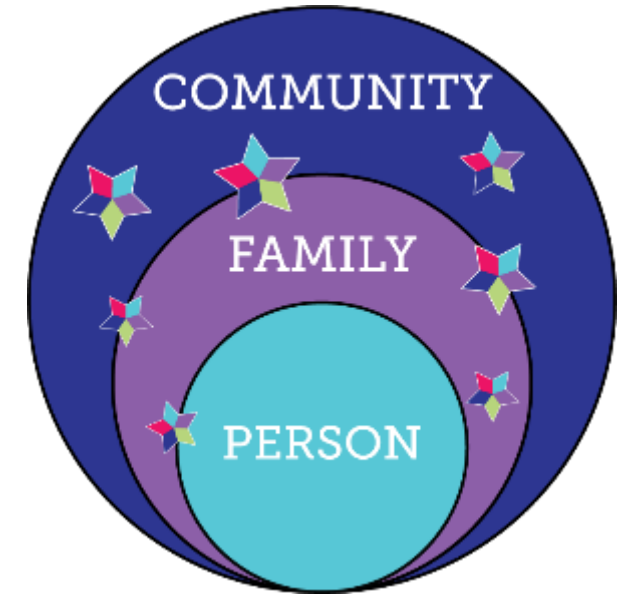
# Transforming Services and Supports



Everyone exists within the context of family and community



Person in relation to Traditional Disability Services



Integrated Services and Supports within context of person, family and community

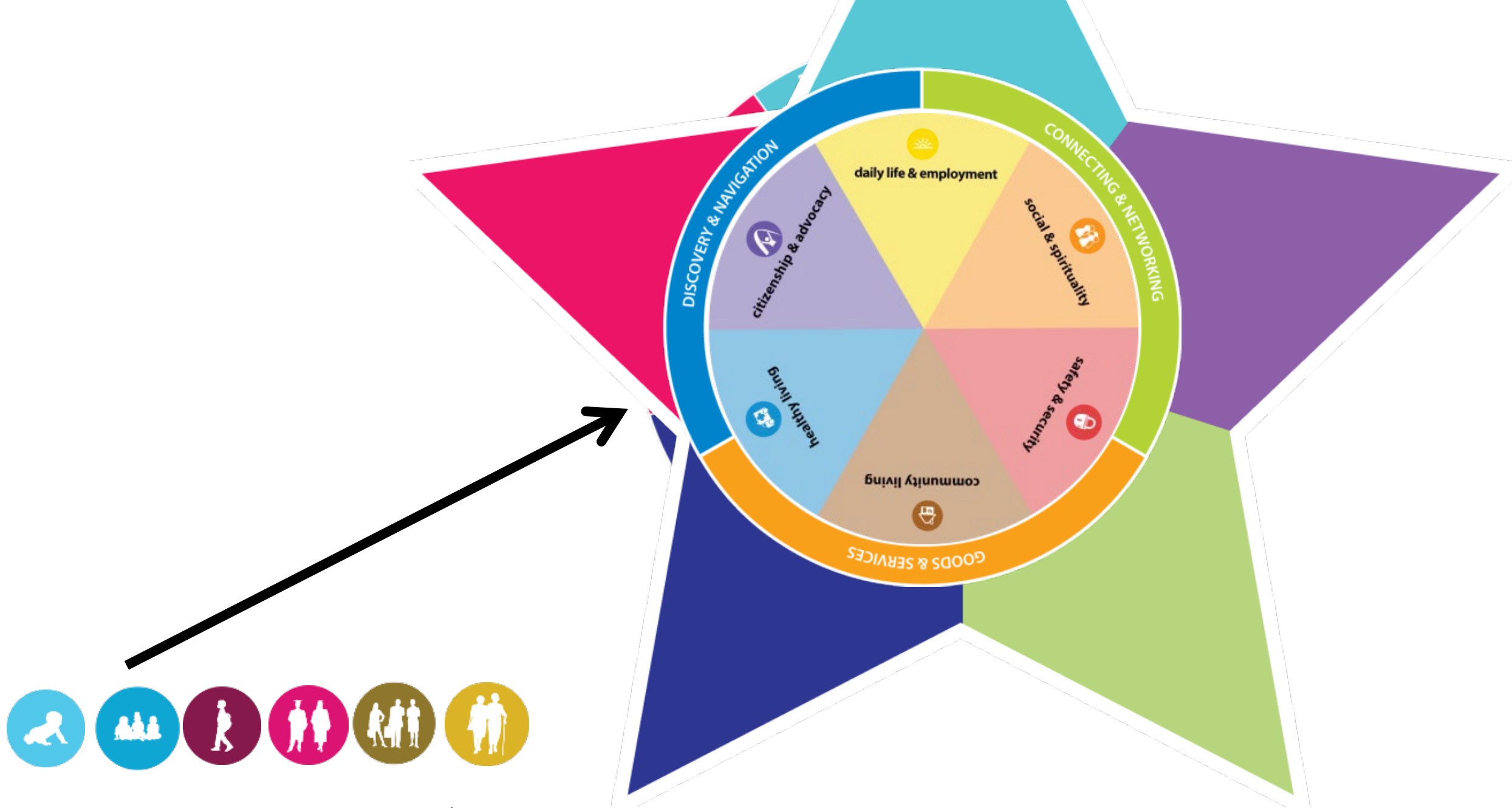
# What is Charting the LifeCourse

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

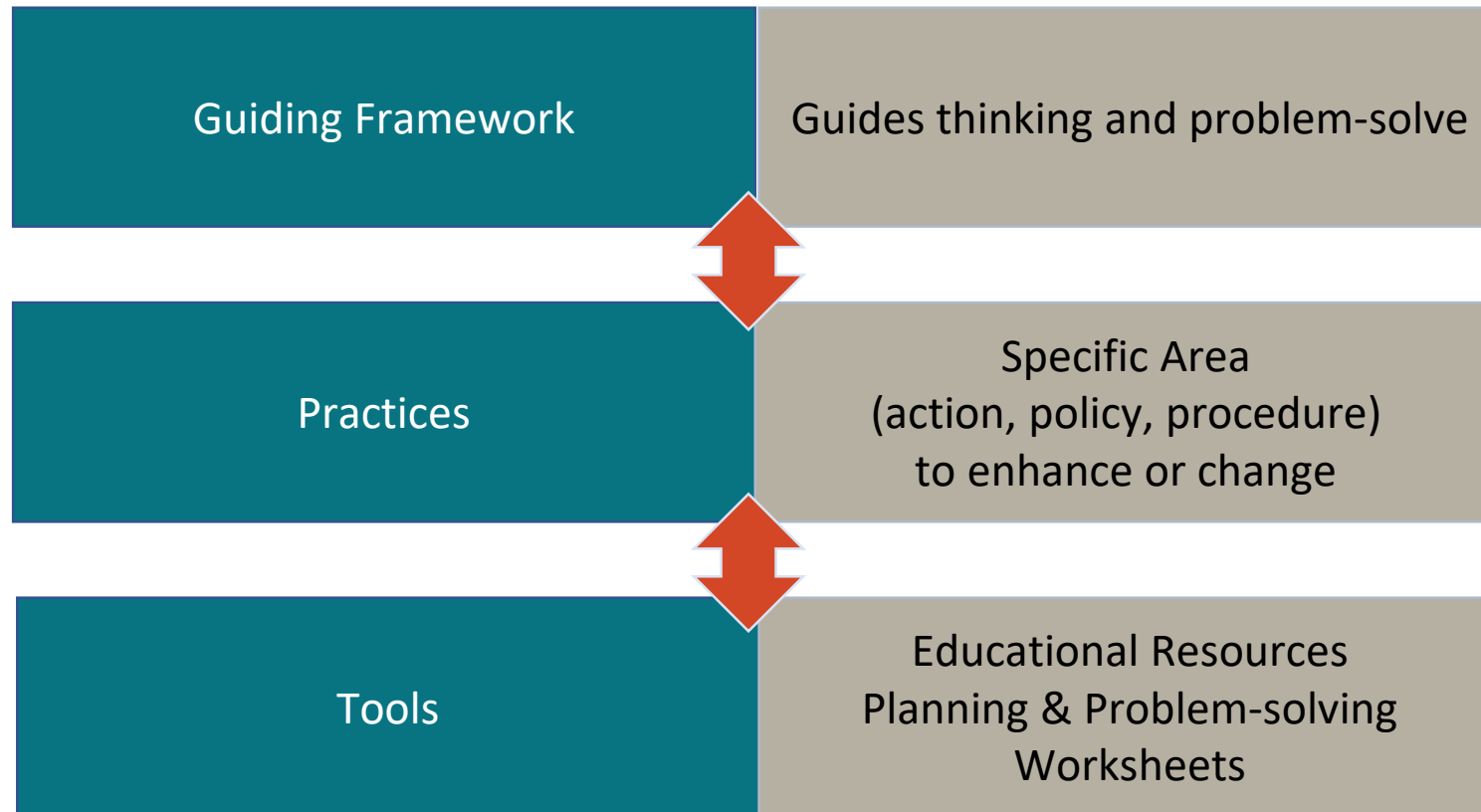
- *develop a vision for a good life*
- *think about what they need to know and do*
- *identify how to find or develop supports*
- *discover what it takes to live the lives they want to live*







# What is Charting the LifeCourse



# **Supporting a Person to Identify a Vision for a Good Life**




*The future is not something we enter.  
The future is something that we create.  
And creating that future requires us to  
make choices and decisions that begin  
with a dream.*

***-Leonard L. Sweet***

# Vision of a “Good Life”

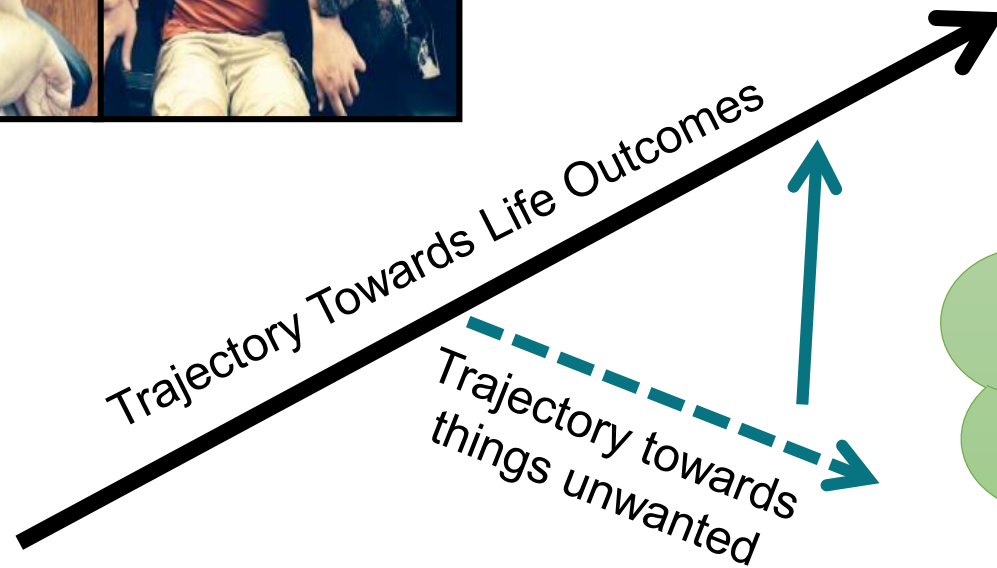


What is YOUR Vision  
for a “Good Life”?



What is NOT  
a Good Life?

# Trajectory Towards Good Life



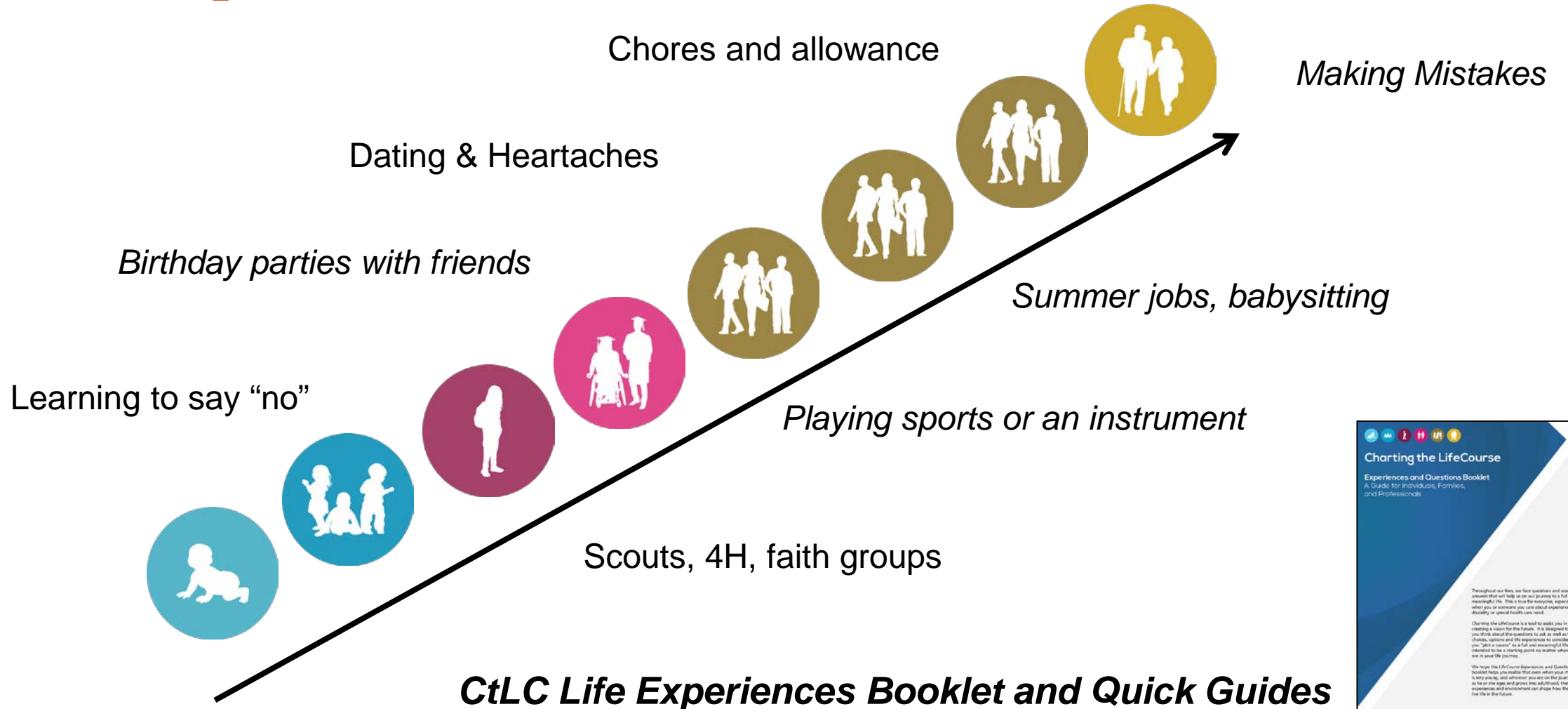
## VISION

Family Friends TATTOOS  
Vacations Girlfriend  
Concerts WWE NASCAR  
Money Job/own business  
Fire Station Church  
Tiger Football Royals  
Good Food Pepsi Beer  
Active Healthy & Fit

## WHAT I DON'T WANT

Poverty/No Money  
Poor Health Diabetes  
Heart Disease Guardian  
Isolated/Segregated  
Institution/group home  
Treated Differently

# Life Experiences = Life Domains



# Life Experiences = Life Outcomes = Good Life





# How the Story Began: Sarah

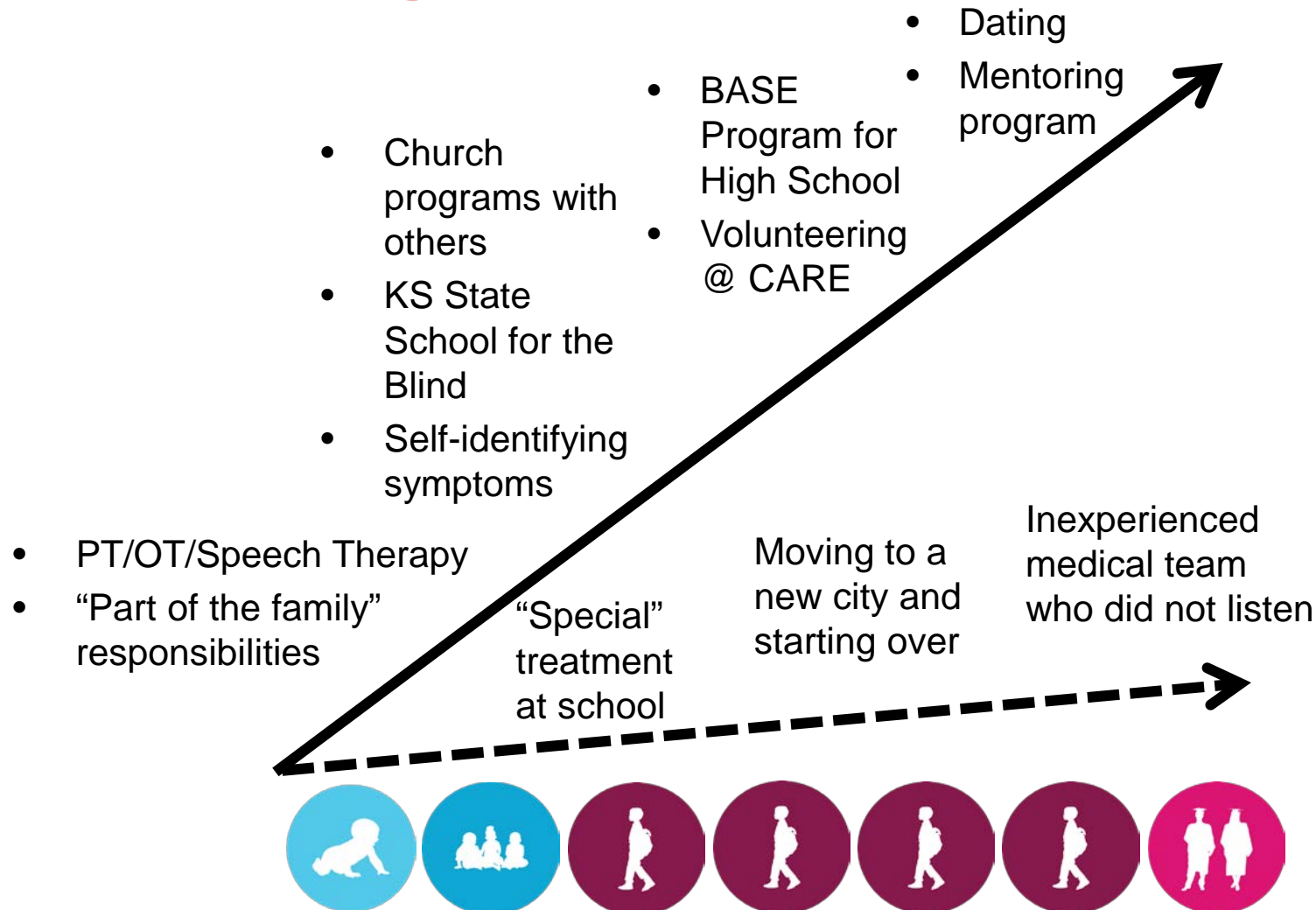
## How Others Described Sarah:

- Cerebral Palsy: “mobility issues”
- Moderate Intellectual Disability: “requires significant support”
- Chronic Hydrocephalus with multiple shunts: “medically fragile”
- Low vision/hearing: “can’t navigate independently”

## Sarah’s Family’s View:



# Shaping the Rest of the Story: Sarah



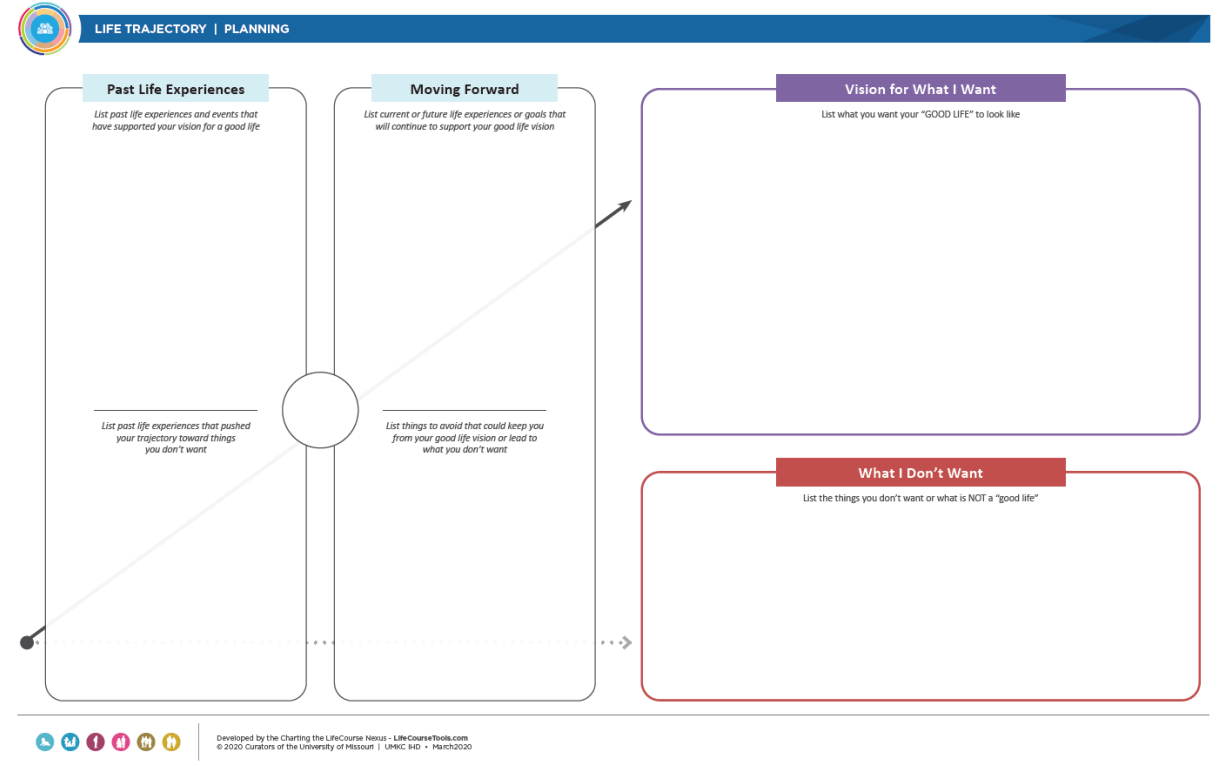
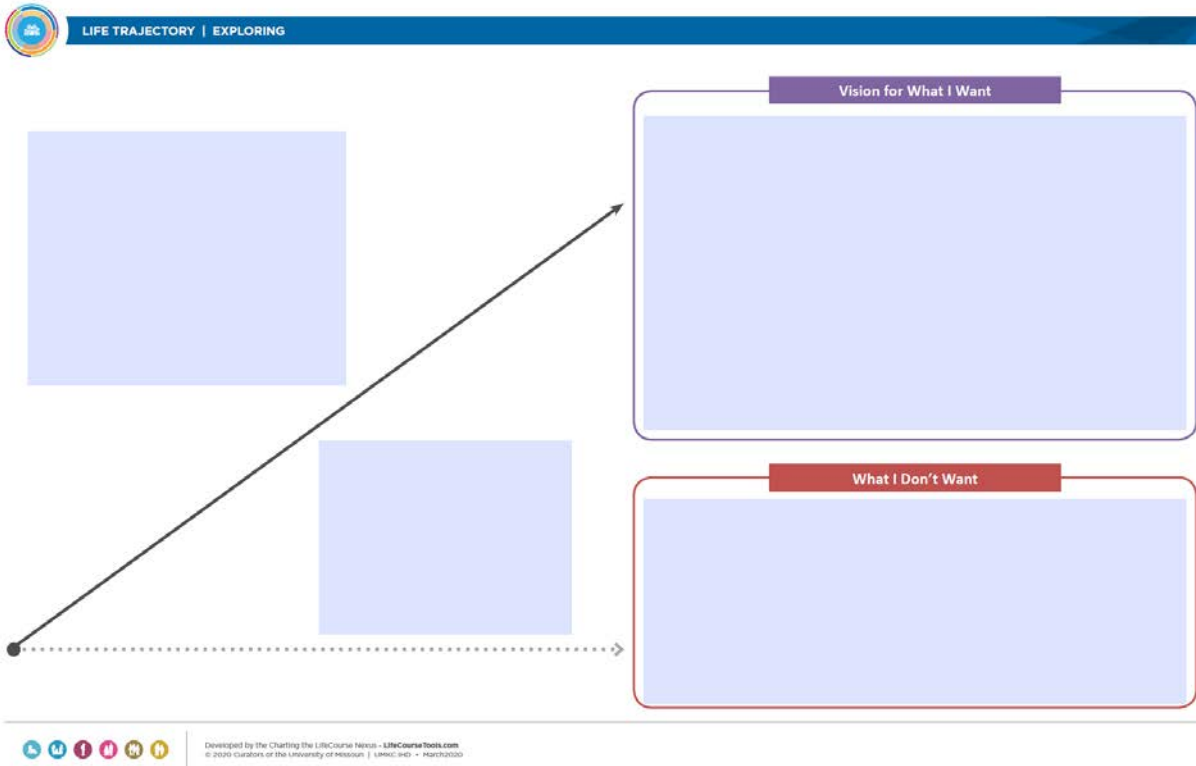
## What We Want

- Live independently
- Get married and have kids
- Work with animals or kids
- Close relationships with friends and family

## What We DON'T Want

- Reliant on others for medical care
- Taken advantage of
- Bored, low self-esteem
- Others make all decisions choices for her

# Tools for Exploring and Planning



# Life Trajectory Worksheet

## Past Life Experiences

LIST past life experiences and events that supported your vision for a good life.

Chores; boy scouts;  
School inclusion/circle of friends;  
Birthday parties;  
Riding bike;  
Family vacations;  
Church youth group;  
Debit card;  
Football manager;  
Volunteering  
High School diploma

LIST past life experiences that pushed the arrow toward things you don't want.

Special education low expectations;  
Para glued to Ben's side; Pressure to segregate; Medication side effects;  
Scoliosis;  
Seizures;  
Physical barriers;

## Future Life Experiences

LIST current/ future life experiences that continue supporting your good life vision.

Volunteer at fire station; \Workout regularly;  
Keep in touch w/ friends; Increase alone time;  
Go out with friends;  
Spend daytime hours out of the house;  
Explore micro enterprise;

LIST life experiences to avoid because they push you toward things you don't want.

Sitting at home watching TV all day;  
Rely on paid supports;  
Gain weight;  
Eat unhealthy foods or drink too much Pepsi (caffeine);

Write current age here

25

## VISION for a GOOD LIFE

LIST what you want your "good life" to look like ...

Family and friends  
Girlfriend  
Vacations  
Concerts; WWE; NASCAR  
Tattoos  
Money; job or my own business  
Volunteer at fire station  
Being Tiger football manager  
Church  
Healthy & fit  
Good food; Pepsi  
Basketball  
Royals baseball  
Staying active

## What I DON'T Want

LIST the things you don't want in your life...

Poor health, heart disease, diabetes;  
Poverty/no money;  
Guardianship; institution/group home;  
Segregation/isolation; being lonely  
Being treated differently;

STAY HEALTHY/ACTIVE

- Walk outdoors when it's nice weather
- Avoid contact with anyone other than Mom or Dad (social distancing)
- Get a list of other exercise ideas from Matt and Adam (weights, push-ups etc)--use ZOOM
- Clean up the driveway basketball goal
- Healthy but yummy food choices
- Good and frequent hand washing
- Purell
- Wipe down surfaces daily
- Cover coughs and sneezes
- Check temperature regularly

DAILY LIFE/ROUTINE

- somewhat consistent wake/sleep times
- shower daily
- Help with housework/cooking/etc
- daily "schedule" of things to do such as exercise, physical activity, get outdoors, etc

STAY CONNECTED

- Facetime Matt and other family
- Skype or Facetime Fire Dept shifts
- Make an encouraging video for ESFD
- Help Ben get on Facebook daily and "like" or comment on friends posts
- online church services on Sundays
- Front yard 10ft apart meet up with Steve

STAY BUSY/NOT BORED

- iPad (WWE, music)
- Remote control truck
- \*\*see stay connected
- golf in basement
- Family Movie time
- explore e-books

POSSIBLE OBSTACLES/BARRIERS

- Dad still has to work - potential exposure
- CO-VID on the news and other media all the time
- Other people not complying with social distancing
- CABIN FEVER IS REAL
- Crappy weather/can't get outside
- 

## Vision for What I Want

## WHAT WE WANT FOR BEN DURING THE CO-VID19 CRISIS

- Keep busy
- Keep working on fitness while he isn't able to access his trainer or the community center
- Stay Connected with:
  - Fire department friends
  - Valued staff
  - Family who don't live with us (especially Matt)
  - St Ann friends
  - Coffee friends & other community acquaintances
- Stay healthy and active
- Dad and Mom stay healthy too
- Keep a positive outlook on life - BE HAPPY

## What I Don't Want

## WHAT WE DON'T WANT TO HAPPEN DURING THE CRISIS

- Boredom
- Get CO-VID19 or any other sickness
- Stress and worry
- Ben scared he will get sick
- Ben worried for parent's health
- Seizures or other diagnosis related health complications
- Sadness
- Missing family and friends
- Gaining weight/out of shape



# Trajectory for Planning Meeting

## Life Trajectory Worksheet

The diagram illustrates a life trajectory starting from a central figure, **Conner**, who is represented by a blue circle. A solid arrow points from Conner to the **VISION for a GOOD LIFE** box, while a dotted arrow points from Conner to the **What I DON'T Want** box. The trajectory is framed by two large vertical boxes: **Past Life Experiences** on the left and **Future Life Experiences** on the right. The **Past Life Experiences** box is divided into two sections: the top section lists positive experiences that supported a vision for a good life, and the bottom section lists negative experiences that pushed the individual away from that vision. The **Future Life Experiences** box is also divided: the top section is for current/future experiences that continue to support the vision, and the bottom section is for experiences to avoid. At the bottom of the worksheet, a row of seven circular icons represents different life stages or roles: a person, a family, a couple, a group of people, a person with a cane, a person with a stroller, and a person with a backpack.

**Past Life Experiences**  
LIST past life experiences and events that supported your vision for a good life.

- Inclusion in Gen Ed Learning
- Education of support staff and students to provide understanding
- Exposure to various activities
- Riding the Reg Ed Bus
- Providing schedules and set expectations
- Help building friendships
- Educating my peers
- Letting me advocate for myself

LIST past life experiences that pushed the arrow toward things you don't want.

- Seclusion in Special Education Classrooms
- Aids helping me in every situation
- Riding the Special Education Bus
- Low expectations
- Being punished for bad behaviors
- Making excuses for my behavior

**Future Life Experiences**  
LIST current/ future life experiences that continue supporting your good life vision.

LIST life experiences to avoid because they push you toward things you don't want.

**VISION for a GOOD LIFE**  
LIST what you want your "good life" to look like ...

- Have a job (Gainfully Employed)
- Make Friends (Have Quality Relationships)
- Make Money (Be Financially Independent)
- Have a Girlfriend (Find Love)
- Have Kids
- Live on My Own (Independently)
- Go Bowling (Participate in Community)
- Build things in the forest next to New York City (Have hobbies he enjoys)

**What I DON'T Want**  
LIST the things you don't want in your life...

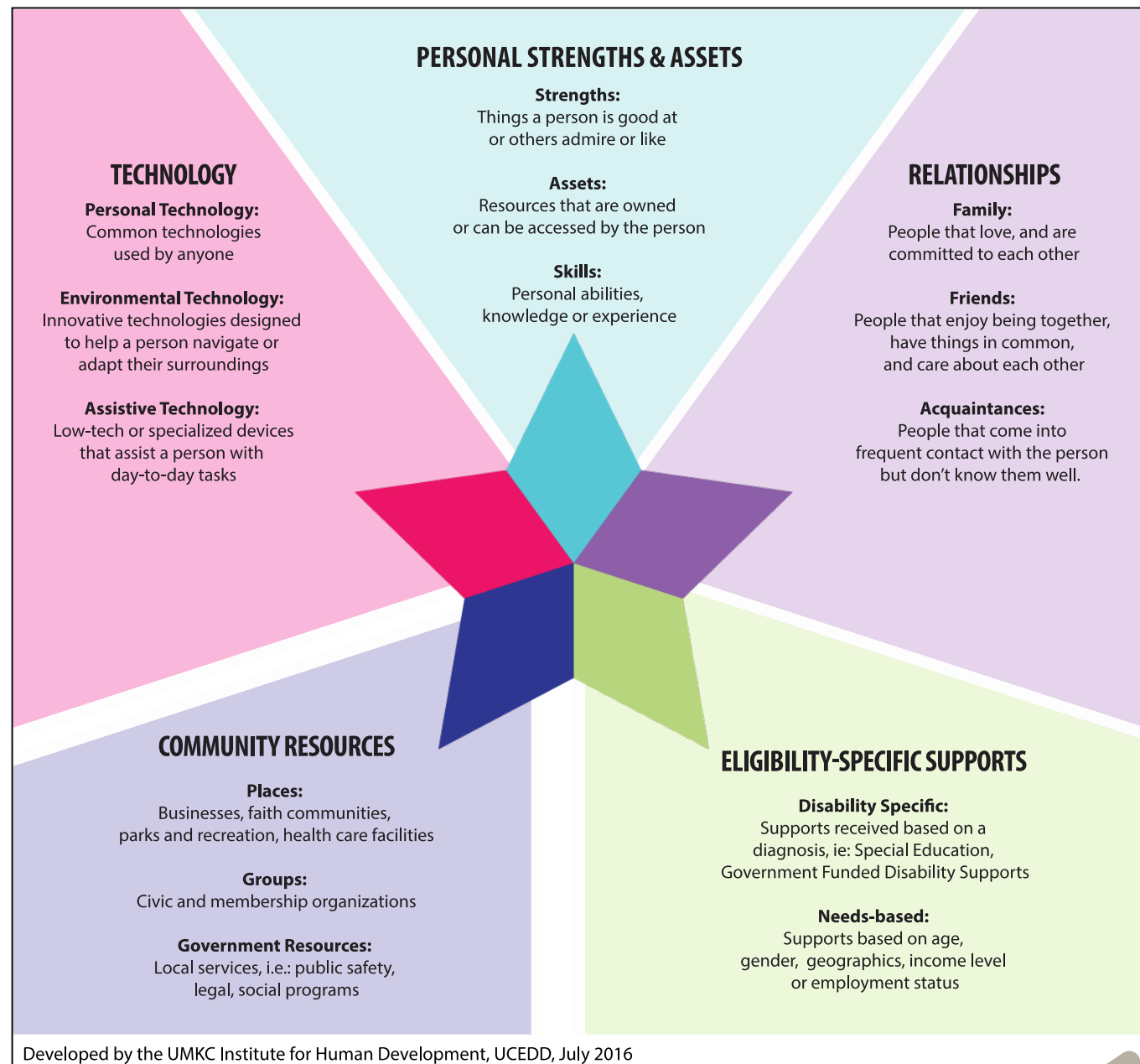
- No Friends (Unhealthy Relationships)
- Get fired (Unstable Employment)
- No Girlfriend (Isolation)
- No Kids
- Stigmatized

# **Determining Who Will Help to Reach the Vision and How**





# CtLC Integrated Support Star



# Integrated Services and Supports



## RELATIONSHIPS

### Family:

People that love, care about, and are committed to each other

### Friends:

People that enjoy spending time together, have things in common, and care about each other

### Acquaintances:

People that come into frequent contact with the person but don't know them well.



# Integrated Services and Supports



## PERSONAL STRENGTHS & ASSETS

### Strengths:

Things a person is good at  
or others admire or like

### Assets:

Resources that are owned  
or can be accessed by the person

### Skills:

Personal abilities,  
knowledge or experience



# Integrated Services and Supports



## TECHNOLOGY

**Personal Technology:**  
Common technologies  
used by anyone \*

**Environmental Technology:**  
Innovative technologies  
designed to help a person  
navigate or adapt their  
environment\*

**Assistive Technology:**  
Low-tech or specialized devices  
that assist a person with  
day-to-day tasks\*



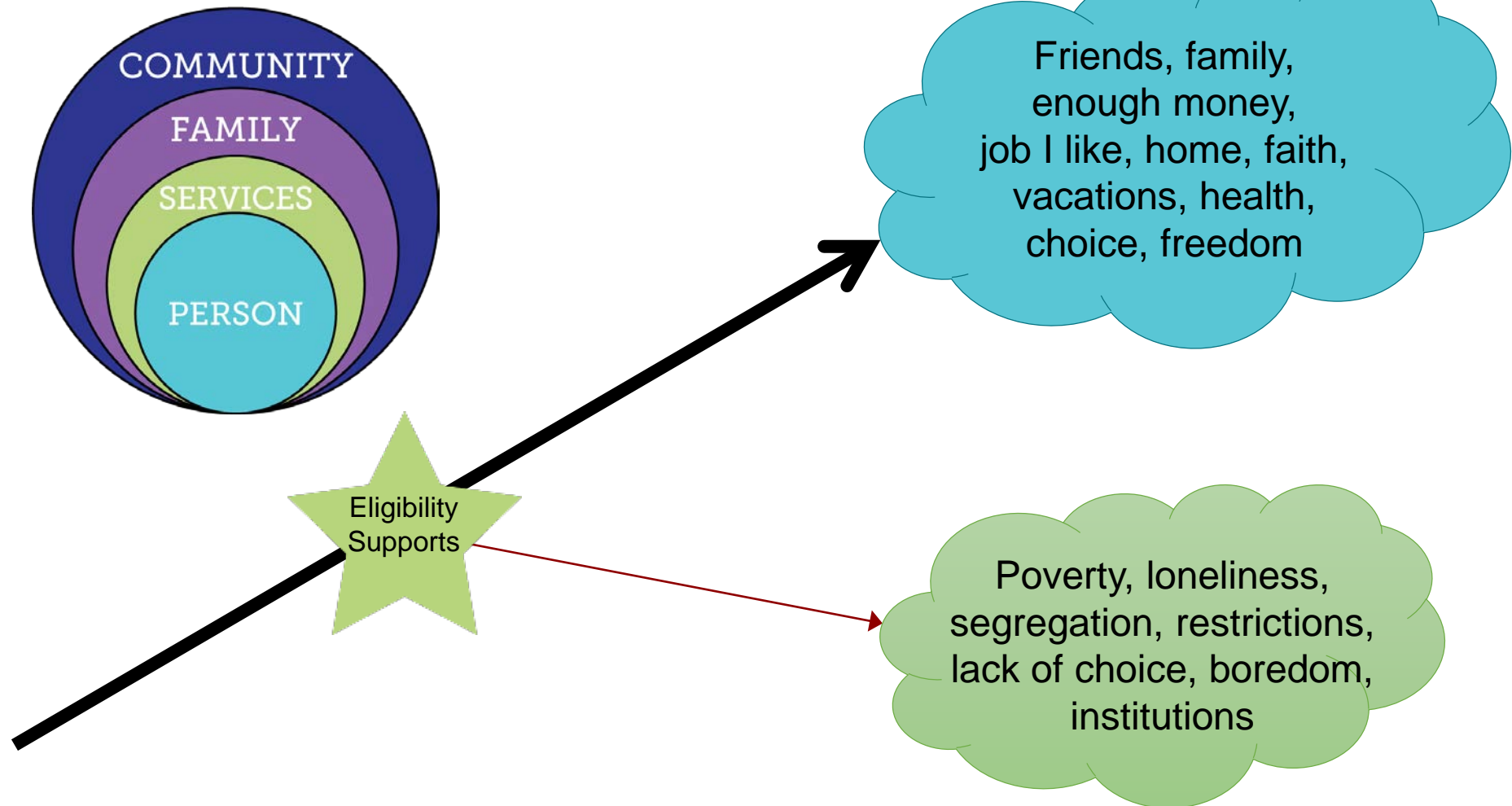
# Integrated Services and Supports



# Integrated Services and Supports

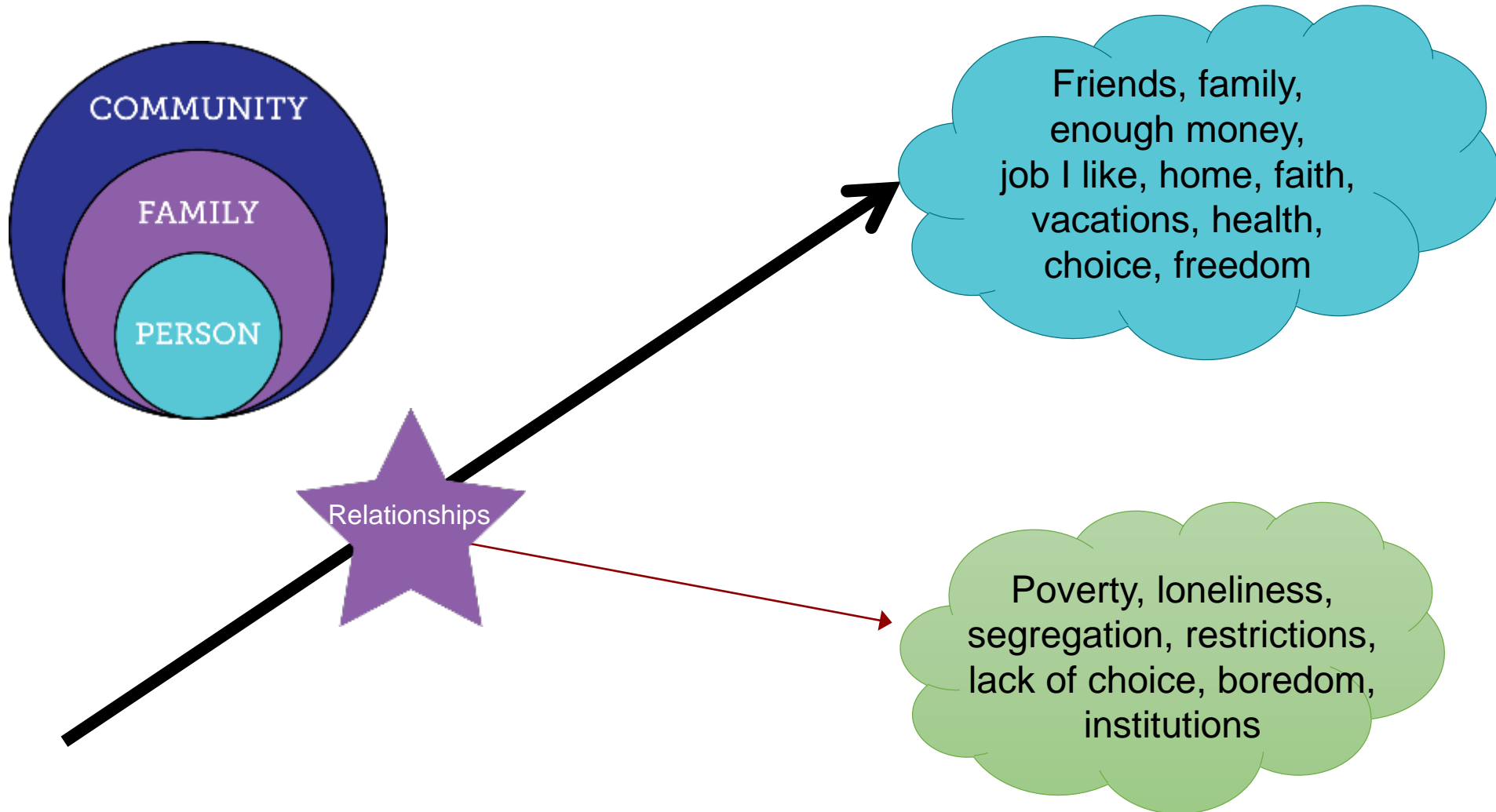


# Focusing **ONLY** on Eligibility Supports

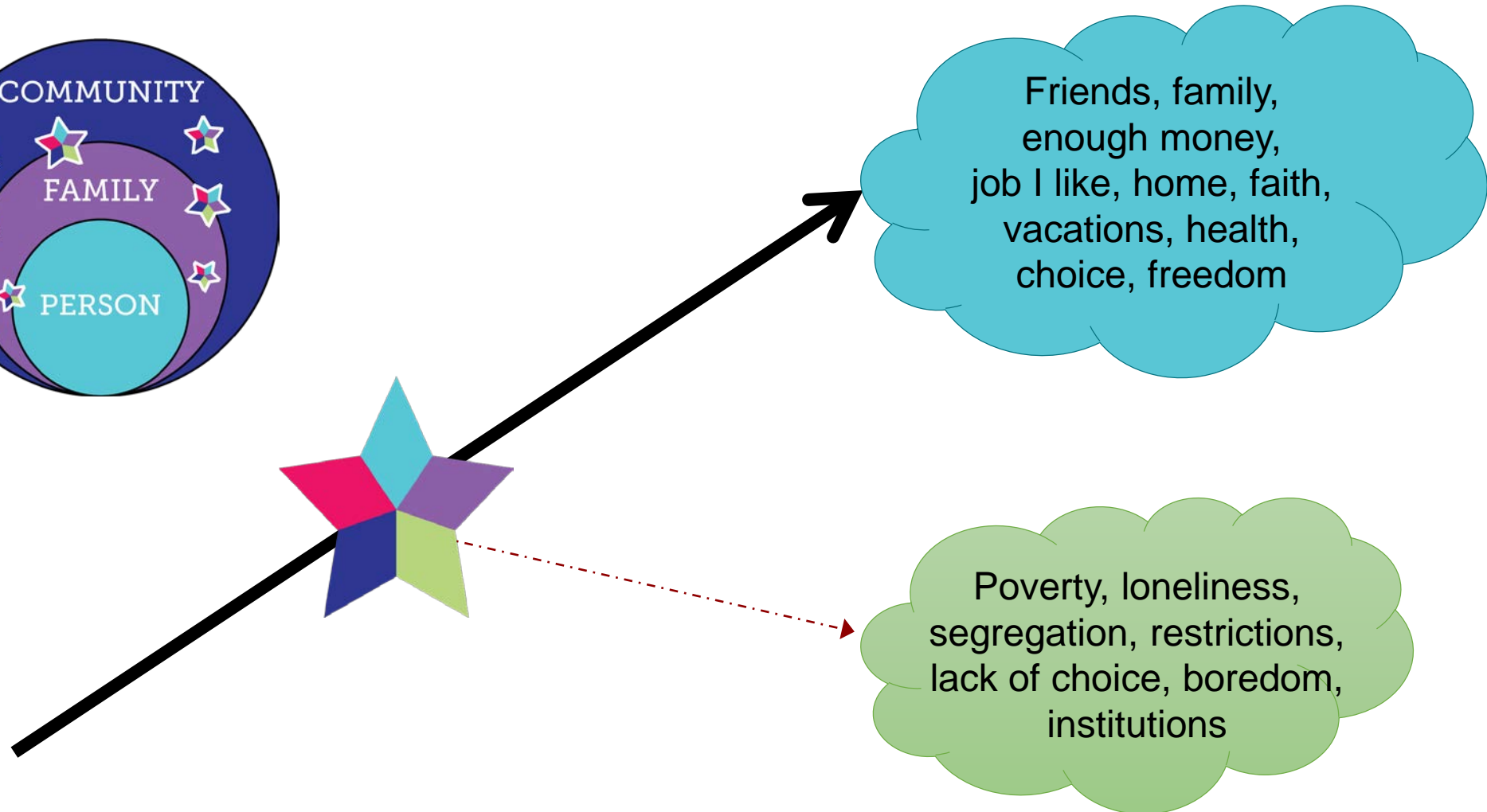




# Relying **ONLY** on Family and Friends



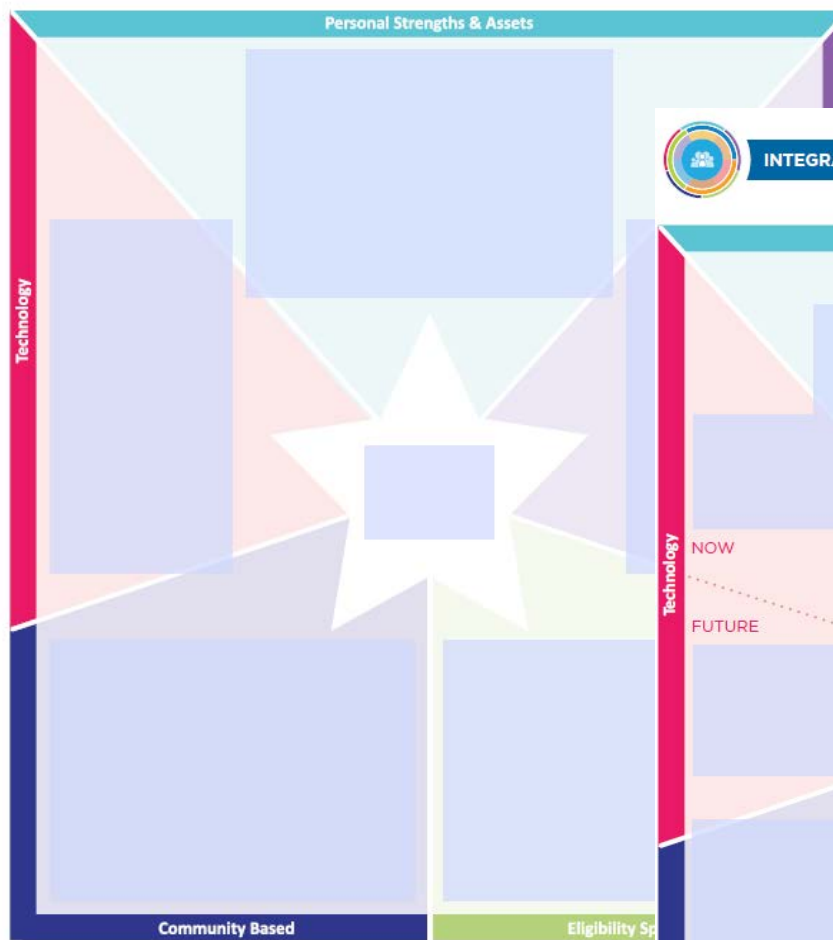
# Integrated Services and Supports



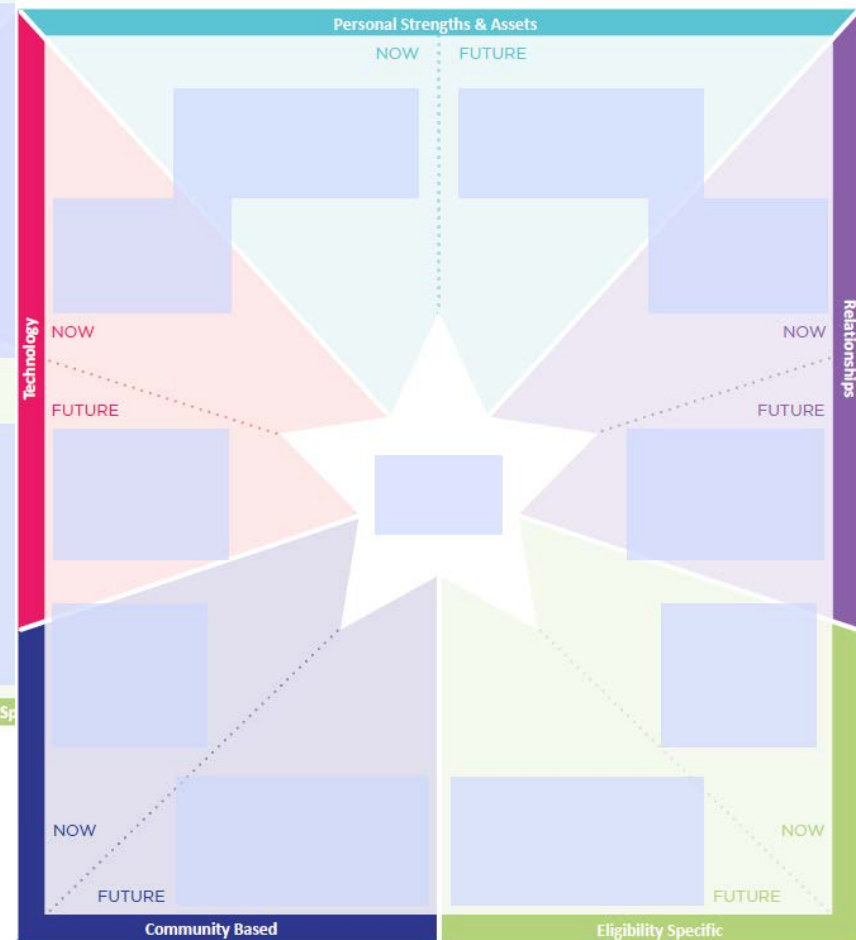
# CtLC Integrated Support Star Tools + Resources



INTEGRATED SUPPORTS STAR



INTEGRATED SUPPORTS STAR | PLANNING



# Mapping Relationships



Happy, Funny and loving  
Likes to help people  
Likes to try new things  
Police cars, tow trucks, fire  
engines and racecars  
Golf Cart



See his girlfriend more  
Connect with his family  
Spend more time with  
friends

**Eric's  
Social and  
Spiritual**

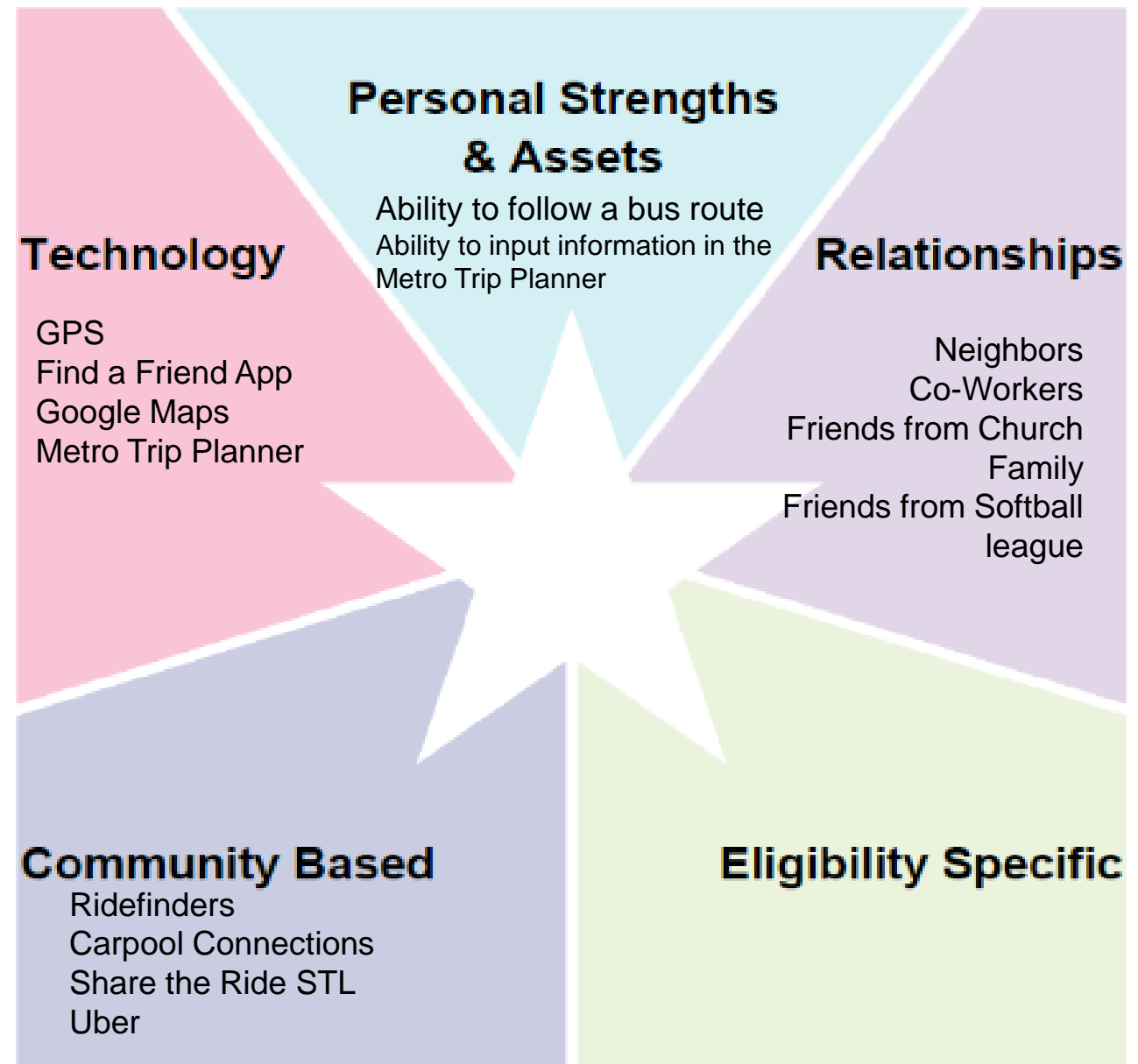
I-pad  
Smart  
Phone

Scouts  
Red Robin  
Race Tracks

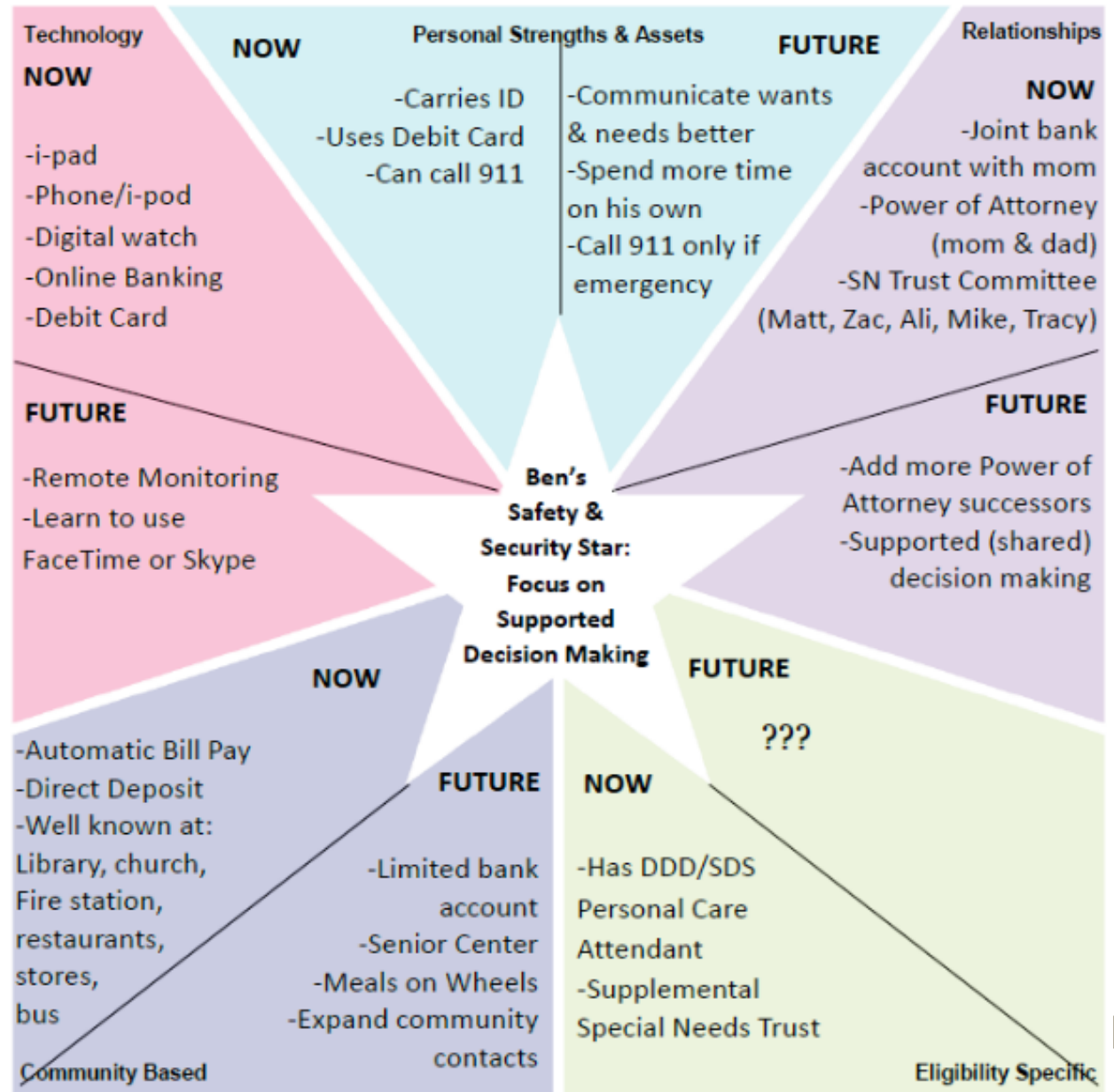
Companion  
Supports  
day-to-day



# Problem Solving Transportation



# Problem Solving for Decision Making Supports



# Integrated Supports for Decision Making

- Supports a person needs to **understand their choices**:
  - Information
  - Advice
- Supports a person needs to **communicate their preferences**:
  - Communication
- Supports a person needs to **follow through on their decisions**:
  - Reminders and logistics





**Break:  
Five Minutes**

# Panelists Sharing Lived Experiences



**Alisha Owens**

*Community Options Client*



**Lindsay Schuh**

*Community Options*



**Shannon Strating**

*Aging Services HCBS  
Program Administrator*



**Shannon VandeVenter**

*Parent*

# DECISION MAKING CONTINUUM

## PERSON AS LEGAL DECISION MAKER

Makes their own decisions with  
no extra help from anyone else

## GENERAL POWER OF ATTORNEY

Person gives authority to  
another to act on their behalf  
in specific or all matters

## CONSERVATOR

Court appoints someone  
to have the care and  
custody of the estate

## SUPPORTED DECISION MAKING

Person makes their own  
decisions with support from  
others they know and trust


## DURABLE POWER OF ATTORNEY FOR HEALTH CARE

Authorizes another to make  
health care decisions when  
the person cannot

## GUARDIANSHIP

Court appoints guardian to have care  
and custody of the person

# Exploring Supported Decision-Making Tool

CHARTING the LifeCourse 

## Tool for Exploring Decision Making Supports

This tool was designed to assist individuals and supporters with exploring decision making support needs for each life domain.




Name of Individual: \_\_\_\_\_

Name of person completing this form: \_\_\_\_\_

Relationship to individual (circle one): Self Family Friend Guardian Other: \_\_\_\_\_

How long have you known the individual? \_\_\_\_\_

For each question below, mark the level of support you need when making and communicating decisions and choices in the Charting the LifeCourse life domains.

	 I can decide with no extra support	 I need support with my decision	 I need someone to decide for me
<b>DAILY LIFE &amp; EMPLOYMENT</b>			
Can I decide if or where I want to work?			
Can I look for and find a job (read ads, apply, use personal contacts)?			
Do I plan what my day will look like?			
Do I decide if I want to learn something new and how to best go about that?			
Can I make big decisions about money? (open bank account, make big purchases)			
Do I make everyday purchases? (food, personal items, recreation)			
Do I pay my bills on time (rent, cell, electric, internet)			
Do I keep a budget so I know how much money I have to spend?			
Am I able to manage the eligibility benefits I receive?			
Do I make sure no one is taking my money or using it for themselves?			
<b>HEALTHY LIVING</b>			
Do I choose when to go to the doctor or dentist?			
Do I decide/direct what doctors, medical/health clinics, hospitals, specialists or other health care providers I use?			
Can I make health/medical choices for my day-to-day well-being? (check-ups, routine screening, working out, vitamins)			
Can I make medical choices in serious situations? (surgery, big injury)			
Can I make medical choices in an emergency?			
Can I take medications as directed or follow a prescribed diet?			
Do I know the reasons why I take my medication?			
Do I understand the consequences if I refuse medical treatment?			
Can I alert others and seek medical help for serious health problems?			
Do I make choices about birth control or pregnancy?			
Do I make choices about drugs or alcohol?			
Do I understand health consequences associated with choosing high risk behaviors (substance abuse, overeating, high-risk sexual activities, etc.)?			
Do I decide where, when, and what to eat?			
Do I understand the need for personal hygiene and dental care?			

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CHARTING the LifeCourse 

For each question below, mark the level of support you need when making and communicating decisions and choices in the Charting the LifeCourse life domains.

	 I can decide with no extra support	 I need support with my decision	 I need someone to decide for me
<b>SOCIAL &amp; SPIRITUALITY</b>			
Do I choose where and when (and if) I want to practice my faith?			
Do I make choices about what to do and who to spend time with?			
Do I decide if I want to date, and choose who I want to date?			
Can I make decisions about marriage (if I want to marry, and who)?			
Can I make choices about sex, and do I understand consent and permission in regard to sexual relationships?			
<b>SAFETY &amp; SECURITY</b>			
Do I make choices that help me avoid common environmental dangers (traffic, sharp objects, hot stove, poisonous products, etc.)?			
Do I make plans in case of emergencies?			
Do I know and understand my rights?			
Do I recognize and get help if I am being treated badly (physically, emotionally or sexually abused, or neglected)			
Do I know who to contact if I feel like I'm in danger, being exploited, or being treated unfairly (police, attorney, trusted friend)?			
<b>COMMUNITY LIVING</b>			
Do I decide where I live and who I live with?			
Do I make safe choices around my home (turning off stove, having fire alarms, locking doors)?			
Do I decide about how I keep my home or room clean and livable?			
Do I make choices about going places I travel to often (work, bank, stores, church, friends' home)?			
Do I make choices about going places I don't travel to often (doctor appointments, special events)?			
Do I decide how to get to the places I want or need to go? (walk, ask a friend for a ride, bus, cab, car service)			
Do I decide and direct what kinds of support I need or want and choose who provides those supports?			
<b>CITIZENSHIP &amp; ADVOCACY</b>			
Do I decide who I want to represent my interests and support me?			
Do I choose whether to vote and who I vote for?			
Do I understand consequences of making decisions that will result in me committing a crime?			
Do I tell people what I want and don't want (verbally, by sign, device), and tell people how I make choices?			
Do I agree to and sign contracts and other formal agreements, such as powers of attorney?			
Do I decide who I want information shared with (family, friends etc.)?			

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# Panelists

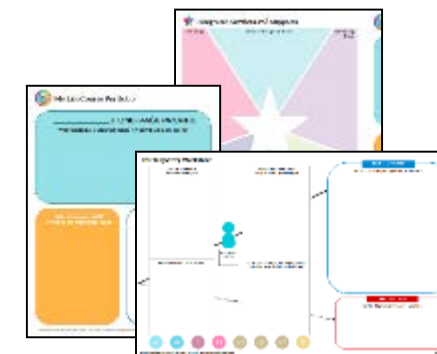
*What are strategies for ensuring the person is informed of all their options – including the various supports and services – and is supported (as they need) to have choice and control?*

# Elevating the Voice of All Team Members



## Planning for Life Outcomes and/or Service Planning

## Planning for Life Outcomes and/or Service Planning





# Family Perspective Tools



## LIFE TRAJECTORY | FAMILY PERSPECTIVE


Past Life Experiences		Moving Forward	My Vision for My Family Member's Good Life
<p>List past life experiences and events that have prepared or supported my family member to move towards a vision for a good life</p>	<p>List current or future life experiences or goals that will continue to support my family member to move towards a vision for a good life</p>	<p>My Vision for My Family Member's Good Life</p>	
<p>List past life experiences that pushed my family member's trajectory toward things they did not want or I did not want for them</p>	<p>List barriers or things to avoid that might get in the way of my family member taking steps to reach their goals</p>		
		What I Don't Want	

[www.lifecoursetools.com/lifecourse-library/foundational-tools/family-perspective/](http://www.lifecoursetools.com/lifecourse-library/foundational-tools/family-perspective/)

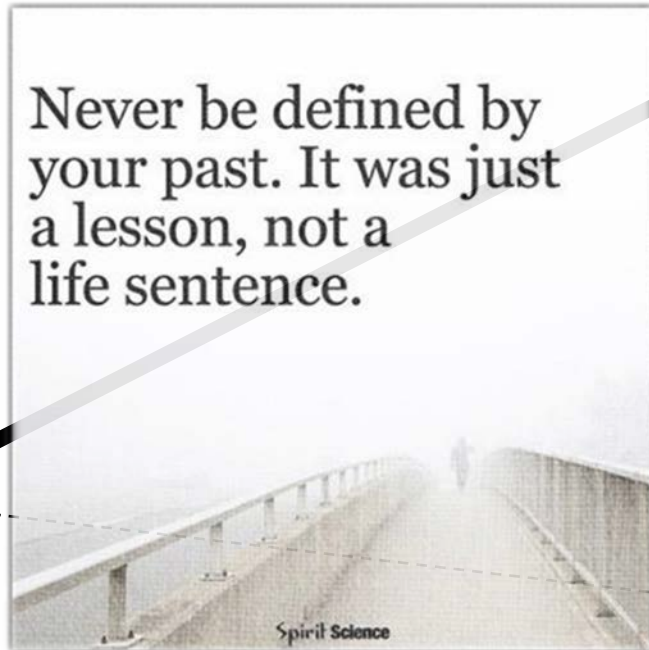


# Panelists

What are strategies for ensuring the person has a voice in their planning process – and that it is distinct from the rest of the team?



# Dignity of Risk and Mistakes




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

Poverty, loneliness,  
segregation, restrictions,  
lack of choice, boredom



# Panelists

When a “risk” is identified, what are strategies to support the person and the team in planning for that risk?



# **Questions + Answers**

# Closing + Next Steps

- 1** Register for our next webinar (and invite colleagues and friends!) at:  
[https://zoom.us/webinar/register/WN\\_Gt6Bb7B5QjWj\\_UstGlluZQ](https://zoom.us/webinar/register/WN_Gt6Bb7B5QjWj_UstGlluZQ)
- 2** Responses to the word cloud exercise will be used to develop a North Dakota definition of Person-Centered Practices.
- 3** View Charting the LifeCourse Resources at: [www.lifecoursetools.com](http://www.lifecoursetools.com)
- 4** Visit [www.hsri.org/nd-pcp](http://www.hsri.org/nd-pcp) to view and use the materials currently available. The recording and slides from today's webinar will be available within two weeks.
- 5** Complete the polling questions to help inform future webinars.



**Thank You**