Institute for Person-Centered Practices

Person Centered Planning
Better Lives, Not Just Better Paper

Presented by:
Laura G. Buckner, M.Ed., L.P.C., M.O.M.

The Institute on Person Centered Practices
A Collaborative Partnership with
The Center on Disability Studies at the University of Texas and
The Center on Disability and Development at Texas A&M University

http://person-centered-practices.org/
Life Trajectory, Experiences and Life Stages
What is YOUR Vision for a Good LIFE?

Vision of What I Want
What DON’T you want??

Vision of What I Don’t Want
Vision & Trajectory for a Good Life

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

Vision of What I Don’t Want

Trajectory towards Life Outcomes

Trajectory towards things unwanted
David’s Good Life Vision

- Family
- Friends
- WORK
- Vacations
- Girlfriend
- Lawnmowers
- minibikes
- Money
- Church
- serving!
- Hot tub
- Tex-Mex Food
- Diet coke
- wine tasting
- running
- Active
- Healthy & Fit

Poverty/No Money
- Poor Health
- kidney problems
- Heart Disease
- Guardian
- Isolated/Segregated
- Institution/group home
- Treated Differently - disrespected
Trajectory Across Life Stages and Life Transitions

Getting New Diagnosis

Leaving Early Childhood/enter school

Transition planning

Turning 18. Leaving school at 18 or 21

Living Adult Life

Parents Turn 65 Medicare & SSDI

My parents have passed away, what do I do?
Trajectory Across Life Experiences

Chores and allowance

Dating & Heartaches

Birthday parties with friends

Learning to say “no”

Playing sports or an instrument

Scouts, 4H, faith groups

Making Mistakes

Summer jobs, babysitting

“Anticipatory Guidance for Life Experiences”
Life Experiences = Life Outcomes

What We DON’T Want

What We Want

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

Experiences at age 5

Experiences at age 13

Experiences at age 65
Dignity of Risk and Mistakes

Never be defined by your past. It was just a lesson, not a life sentence.

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

Poverty, loneliness, segregation, restrictions, lack of choice, boredom
Life Domains, Life Outcomes, and Life Possibilities
Achieving Outcomes for Connected Life Domains

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

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

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

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

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

**Citizenship and Advocacy**
(valued roles, making choices, setting goals, responsibility, leadership, peer support)
**Looking at Life Possibilities**

<table>
<thead>
<tr>
<th></th>
<th>Innovative</th>
<th>Islands of Excellence</th>
<th>Traditional Options</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Innovative</strong></td>
<td>Very new or undiscovered</td>
<td>Exists in a lot of places but not everywhere</td>
<td>Services that have existed for a long time</td>
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Integrated Star for Problem Solving
& Exploring Options
Charting the LifeCourse Integrated Supports STAR

**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

**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

**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

**COMMUNITY RESOURCES**
- **Places:** Businesses, faith communities, parks and recreation, health care facilities
- **Groups:** Civic and membership organizations
- **Government Resources:** Local services, i.e., public safety, legal, social programs

**ELIGIBILITY/SPECIFIC SUPPORTS**
- **Disability Specific:** Supports received based on a diagnosis, i.e., Special Education, Government Funded Disability Supports
- **Needs-based:** Supports based on age, gender, geographics, income level or employment status

Developed by the UMKC Institute for Human Development, UCECD, July 2016
Charting the LifeCourse
Integrated Supports STAR

100%

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COMMUNITY

FAMILY

PERSON

100%

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100%

ELIGIBILITY SPECIFIC SUPPORTS

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Focusing ONLY on Eligibility Supports

Eligibility Supports

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

Poverty, loneliness, segregation, restrictions, lack of choice, boredom, institutions
Relying ONLY on Family & Friends

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

Poverty, loneliness, segregation, restrictions, lack of choice, boredom, institutions
Planning for Life Outcomes and/or Service Planning

Self-Advocate Tools & Resources

Family Perspective Tools

Formal Planning Tools and Forms

800-444-0821
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