



The Arc[™]

Arapahoe & Douglas Counties

Step Up! Into Life after High School Session 1

Setting the stage for our conversation and learn about the concept of person-centered planning.

FOR PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

Achieve with us.

What we see

We do not see anyone
as problems or issues,
we see them as
opportunities!

Who is this guy?

Over 16 years working experience

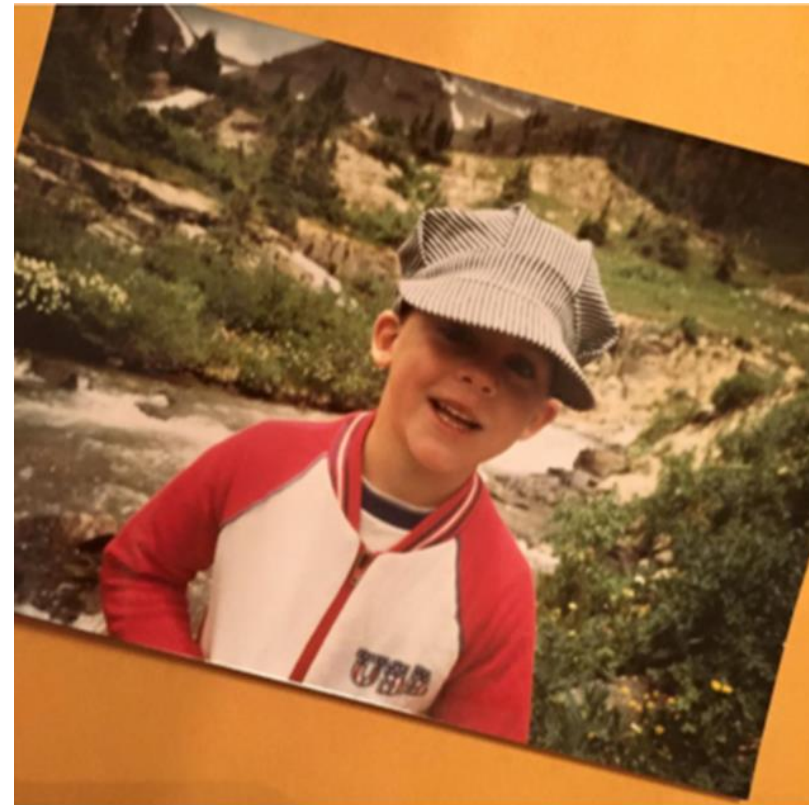
39 years - in/around the field

for people with disabilities and their families!

“During my life, I have witnessed firsthand the transition and steady progression of the quality of life options for individuals with disabilities, as my parents worked in the I/DD field for over 39 years.

I grew up around people with disabilities and individuals striving to achieve independence and a life of worth.”

Who is this guy?



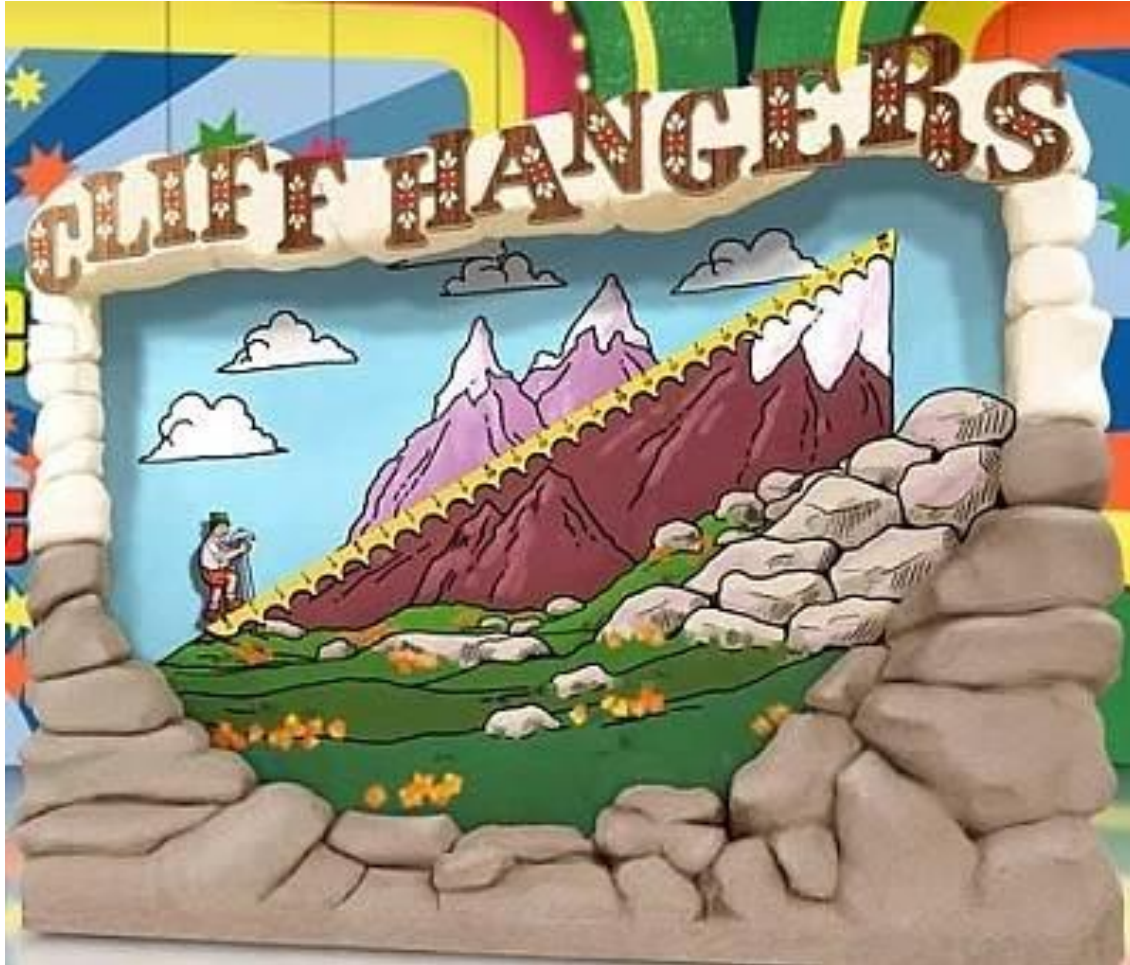
Our Approach

- We are tough on IDEAS!
- Soft on PEOPLE!
- We assume everyone we interact with is trying to do good work.

Our Approach

We will meet you where you
are but will constantly ask
you for a bit more.

It will be overwhelming, but...



What You Will Learn

- Person Centered Thinking
- Important To and For
- Circles of influence

What is Person Centered Planning?

- This is NOT new
 - What is new is that Person-centered planning (PCP) is transforming whole systems of care and organizations that serve people with disabilities.
- The Purpose:
 - *To look at an individual in a different way – building on strengths*
 - *Supporting the person as an active citizen of their community.*
 - *Expanding the possibilities – listening to what excites and delights.*
 - *To recognize and act upon individual desires, interests, and dreams.*
 - *Through team effort, develop a plan to turn dreams into reality.*

Why Is Person Centered Planning Important?

- It...
 - Starts with how your loved one wants to live.
 - Considers how every individual is different.
 - Assess what they might want to learn
 - Outlines what their goals and supports needed are and how to reach those goals may be different.
 - Prioritizes what is important to and for your loved one.
 - Assess issues of health and safety
 - Will create highly individualized plan with the necessary support to achieve their dreams and goals.

Empower

Important To and For

- Important TO and Important FOR influence one another.
- No one does anything that is “Important FOR” them (willingly) unless a piece of it is “Important TO” them.
- Balance is dynamic between TO and FOR.
- When thinking about this for your loved one, start with what are your Dreams and Nightmares for them?

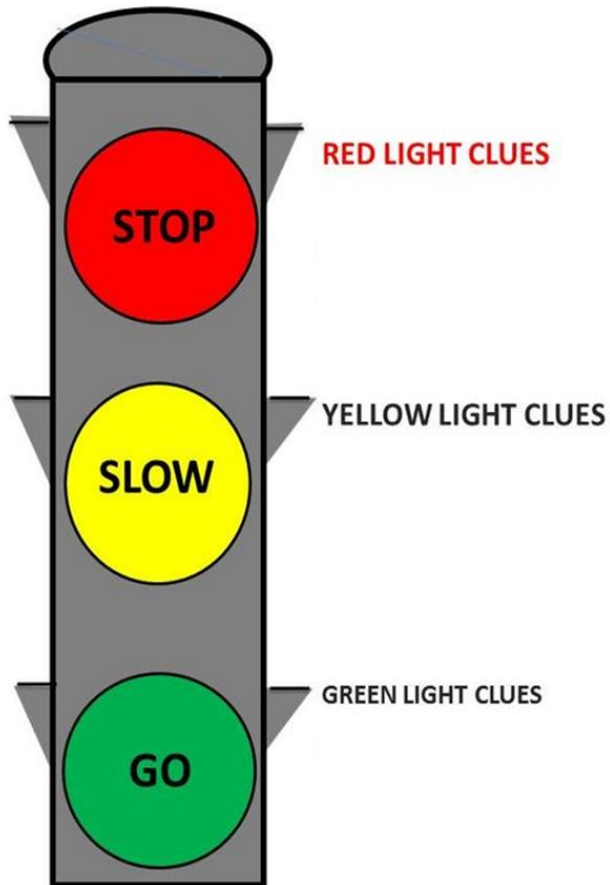


Life is a balancing act, and with the right balance one can build a bridge!

Traffic Lights

- Lets spend some time thinking about your child/young adult in terms of activities, environments, and people that “light them up” – “Goes”!
 - What are those moments when you see the smiles and laughter, squeals of joy, bright eyes, or whatever signal your child/young adult does that tells you they are having a really good time.
- Then think about the “Slows”.
 - What are the activities, situations and people that if there is the right supports (prior to, during or after) your child/young adult could thrive in.
- Then think about the “Stops”.
 - What are the activities, situations and people that don’t work for your child/young adult? These will be times when “challenging behaviors” occur, when you see your child/young adult shut down or get upset.

Traffic Lights



- **Stops:** (list activities and or environments where the person gets angry or frustrated)
- **Slows:** (list activities that with supports person can enjoy and participate)
- **Goes:** (list activities and environments where the person thrives)

Connecting the Dots

- If your son or daughter cannot spend any time alone (relative to their age), how will they be supervised/cared for if the waiver can't cover all hours when parents or natural supports are unavailable or working?
- If your son or daughter has a hard time expressing their preferences, what experiences would be helpful for people to observe to guess on preferences?
- Think about environments. Are busy noisy environments good? Bad?
- Does your son or daughter thrive with predictable routines and schedules or do they like surprises and novelty?

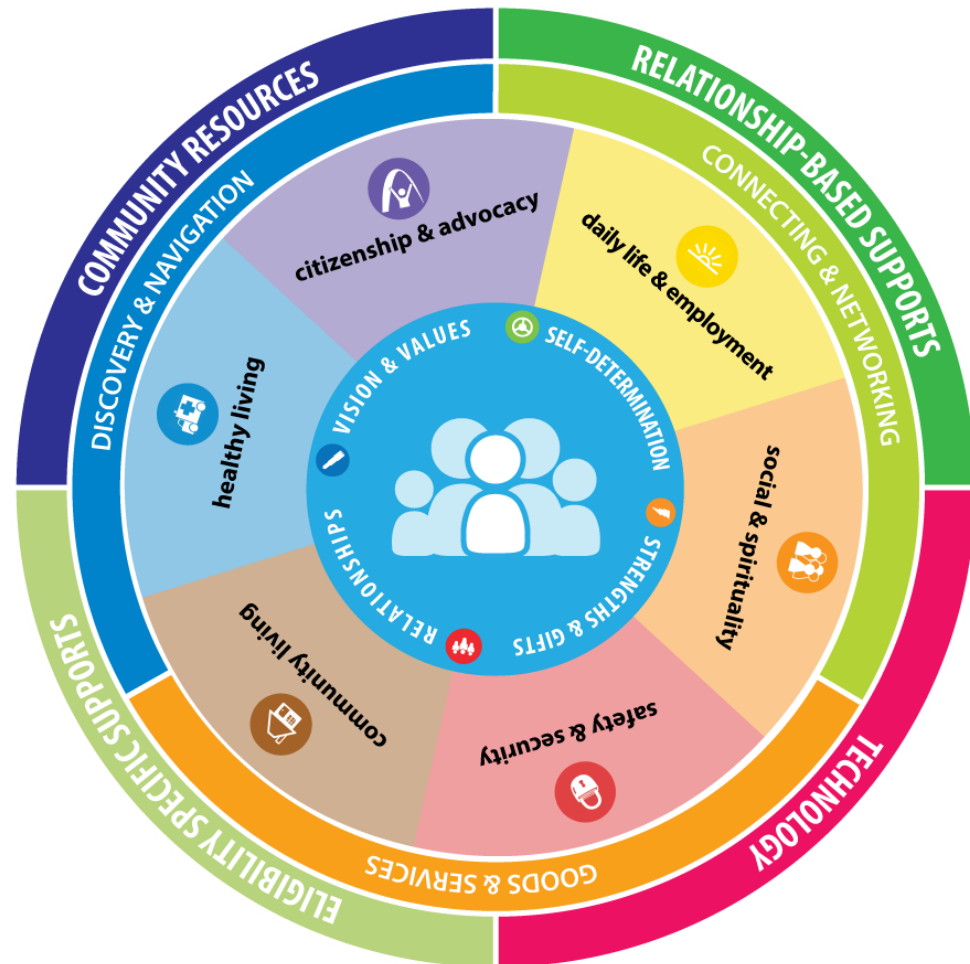
Connecting the Dots

- What about medical needs? Allergies, skilled nursing care, stamina, activity levels?
- What about sensory issues? Lighting, noise, temperature, colors, etc.
- What about mental health needs? Are behavioral services needed?
- Does your son or daughter have a strong work ethic? Do they like to be busy?
- Does your son or daughter like to be help other people or animals?

The answers to some of these questions will impact what to look for in a service provider and opportunities in the community.

Circle of Influence

Your loved one has influence on all these areas: those closest to them: family, friends, support staff, coworkers and neighbors. To case managers, supervisors, policy makers legislators, first responders, judges, media and celebrities



All About Embracing Potential!



Overwhelmed?

Remember everyone has different developmental stages too!

- Just take it step by step
- Make your plan
- Revise your plan



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