



QUEST
Integration

presents



Creating Balance In The Service Plan: Bringing Important To & Important For Together

Wednesday August 9, 2017
9:00am to 11:00am HST



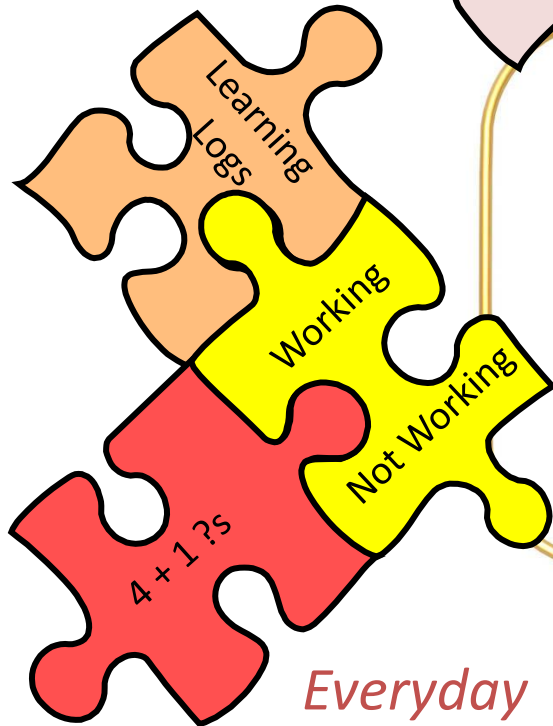
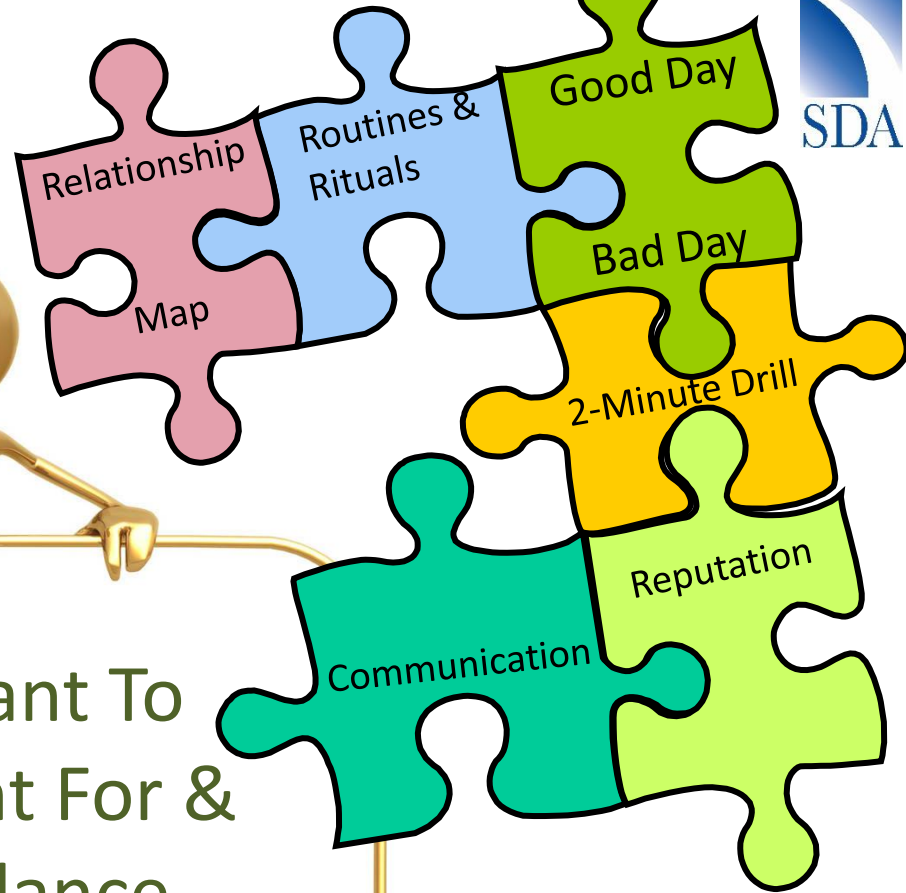
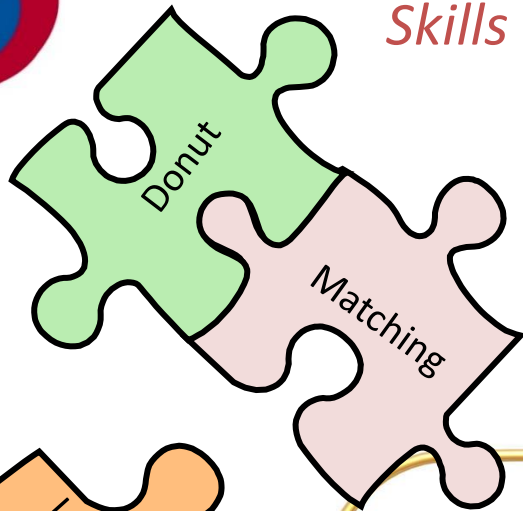
Featuring Bob Sattler

Since Our Last Session . . .

How Have You Used The Skills?



*Management
Skills*



*Everyday
Learning Skills*

Important To
Important For &
The Balance
Between

*Discovery/
Listening Skills*

A Preliminary Assessment Tells Us



- Carrie K. is a 35 year old realtor who suffered a spinal cord injury as a result of a motor vehicle accident 4 months ago. She spent the last 2 months at Rehabilitation Hospital of the Pacific and is ready for discharge to her home which she owns. This home is a 2 story walkup townhome with 14 stairs.
- Carrie's mother, Kathy, who has been living with Carrie, will assist with Carrie's care at night but also works 30 hrs/weeks as an office clerk at the a nearby medical clinic.
- As a result of the spinal cord injury, Carrie is a quadriplegic with gross motor movements to her upper extremities. She has an electric wheelchair which she is able to mobilize via sip & puff. She is completely dependent on others for all ADLS including transfers, bathing, dressing, grooming, feeding and is diapered.
- While in rehab, Carrie started attending painting classes and is learning how to paint using her mouth. This has become her passion.

As Assessment Through A Person Centered Lens



- Carrie K. is a 35 year old realtor who has been living in Hawaii for 10 years. She lives with her dog, Starr and her mother, Kathy. She enjoys singing karaoke, going to church and spending time with her friend, Amy.
- She suffered a spinal cord injury as a result of a motor vehicle accident 4 months ago and has spent the last 2 months at Rehabilitation of the Pacific. She is ready for discharge to her home which she owns. This home is a 2 story walkup townhome with 14 stairs.
- Kathy will assist with Carrie's care at night but also works 30 hrs/weeks as an office clerk at the a nearby medical clinic.
- As a result of the spinal cord injury, Carrie has a diagnosis of quadriplegia with gross motor movements to her upper extremities. She has an electric wheelchair which she is able to mobilize via sip & puff. She requires full assistance from others for all ADLS including transfers, bathing, dressing, grooming, eating and continence care.
- While in rehab, Carrie started attending painting classes and is learning how to paint using her mouth. This has become her passion.

Important To and For are Connected



- Important to and important for influence each other
- No one does anything that is “important for” them (willingly) unless a piece of it is “important” to them

Balance is dynamic (changing) and always involves tradeoffs:

- *Among the things that are “important to”;*
- *Between important to and for*

CMS says that

Person Centered Planning

- Is directed by the person and the people they choose.
- Results in a person-centered plan that reflects goals and preferences regarding:
 - things to do and places to go,
 - employment,
 - income and savings,
 - health care and wellness,
 - education, and
 - others.
- Reflect services and supports (paid and unpaid), who provides them and whether an individual chooses to self-direct services.

CMS says the plan will:

- Assist the person in achieving personally defined outcomes in the most integrated community setting,
- ensure delivery of services in a manner that reflects personal preferences and choices, and
- contribute to the assurance of health and welfare.

And that it:

- Reflects cultural considerations
- Uses plain language
- Includes strategies for solving disagreement
- Offers choices to the person regarding services and supports the person receives and from whom
- Provides a method to request updates

And

Identifies:

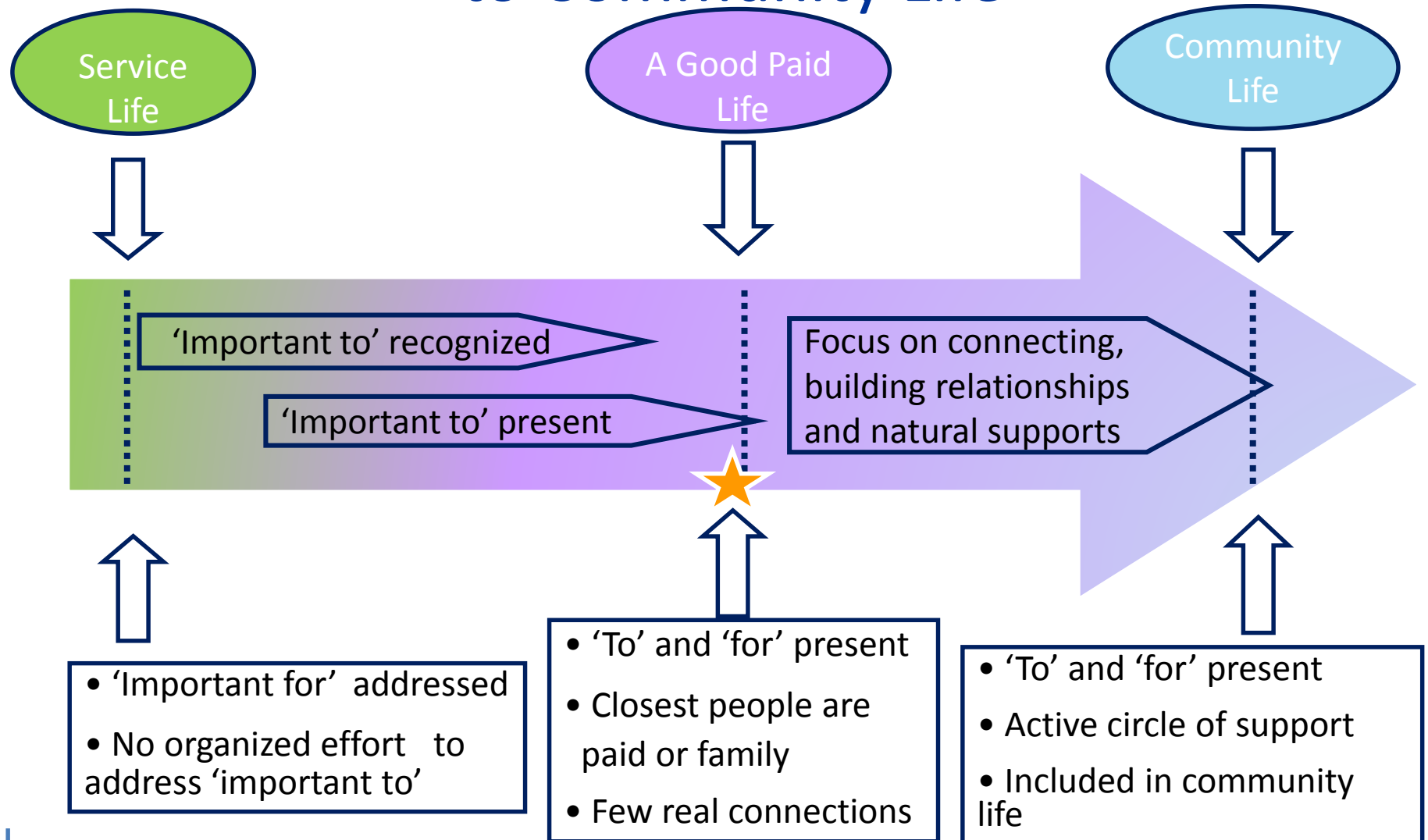
- the strengths,
- preferences,
- needs (clinical and support), and
- desired outcomes of the individual

The plan also includes risk factors and plans to minimize them

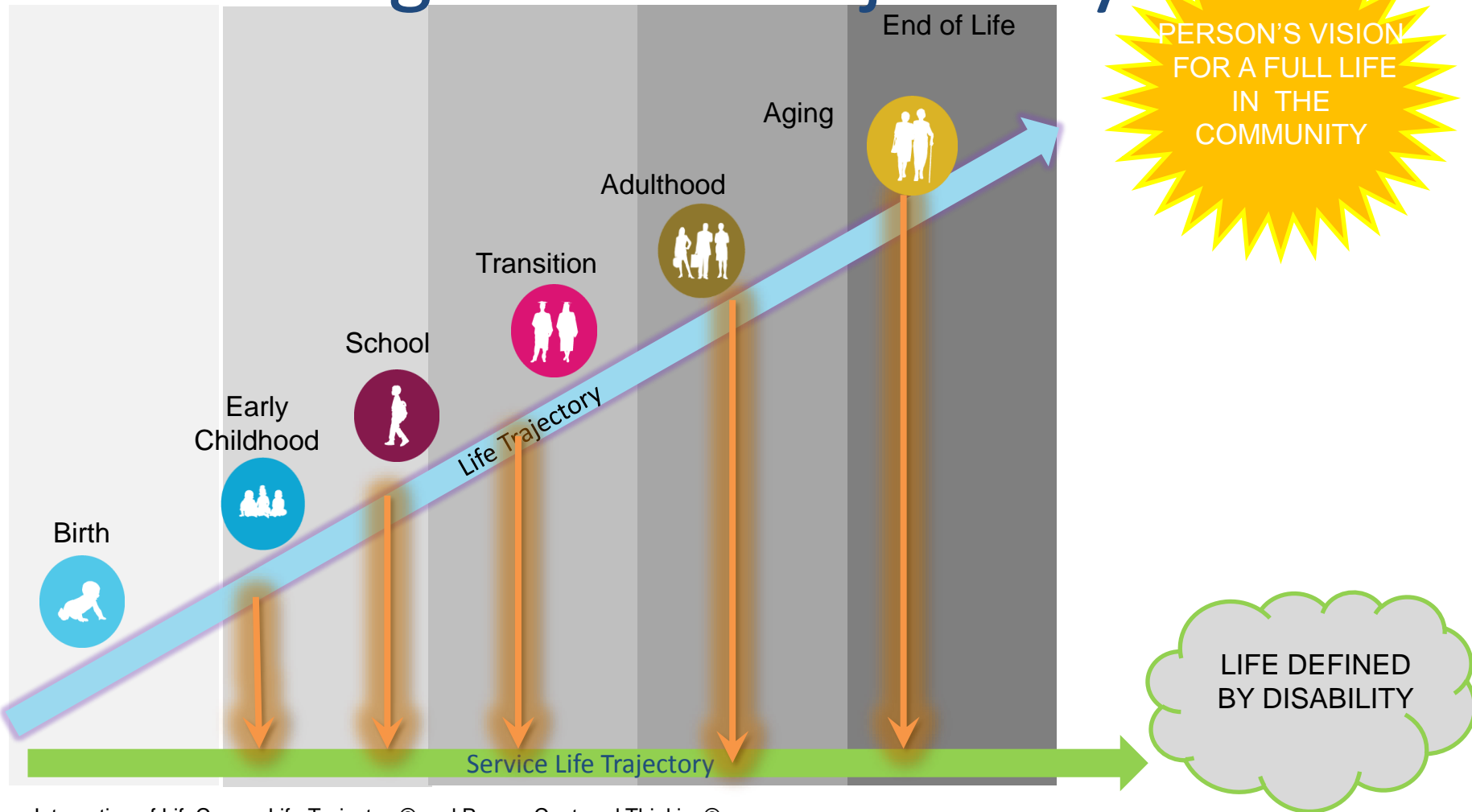
In short a support system that helps the person make informed choices that results in a life of their choosing in their communities.



Moving from Service Life to Community Life



Impact of Planning & Decision Making On Life Trajectory

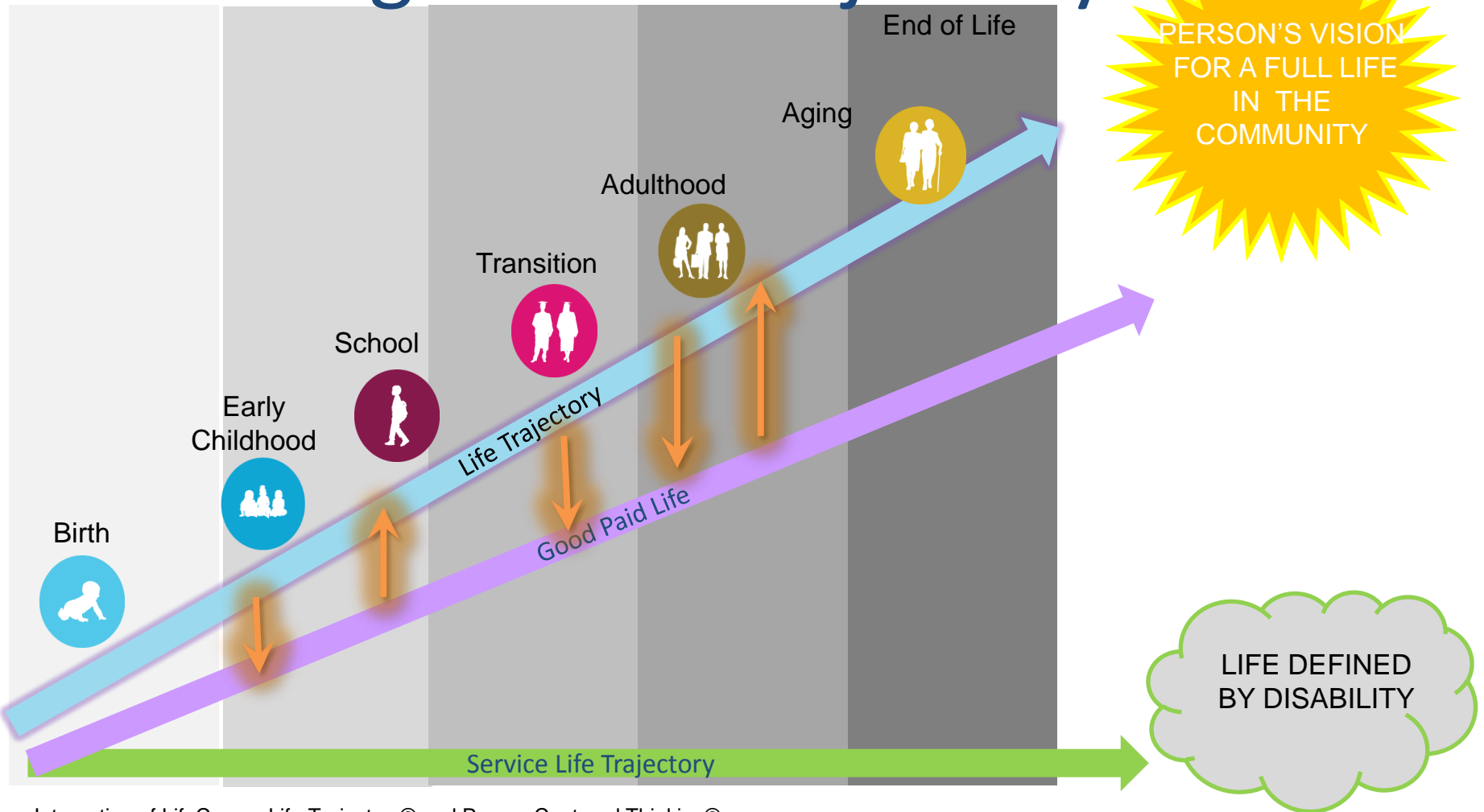


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Impact of Planning & Decision Making On Life Trajectory



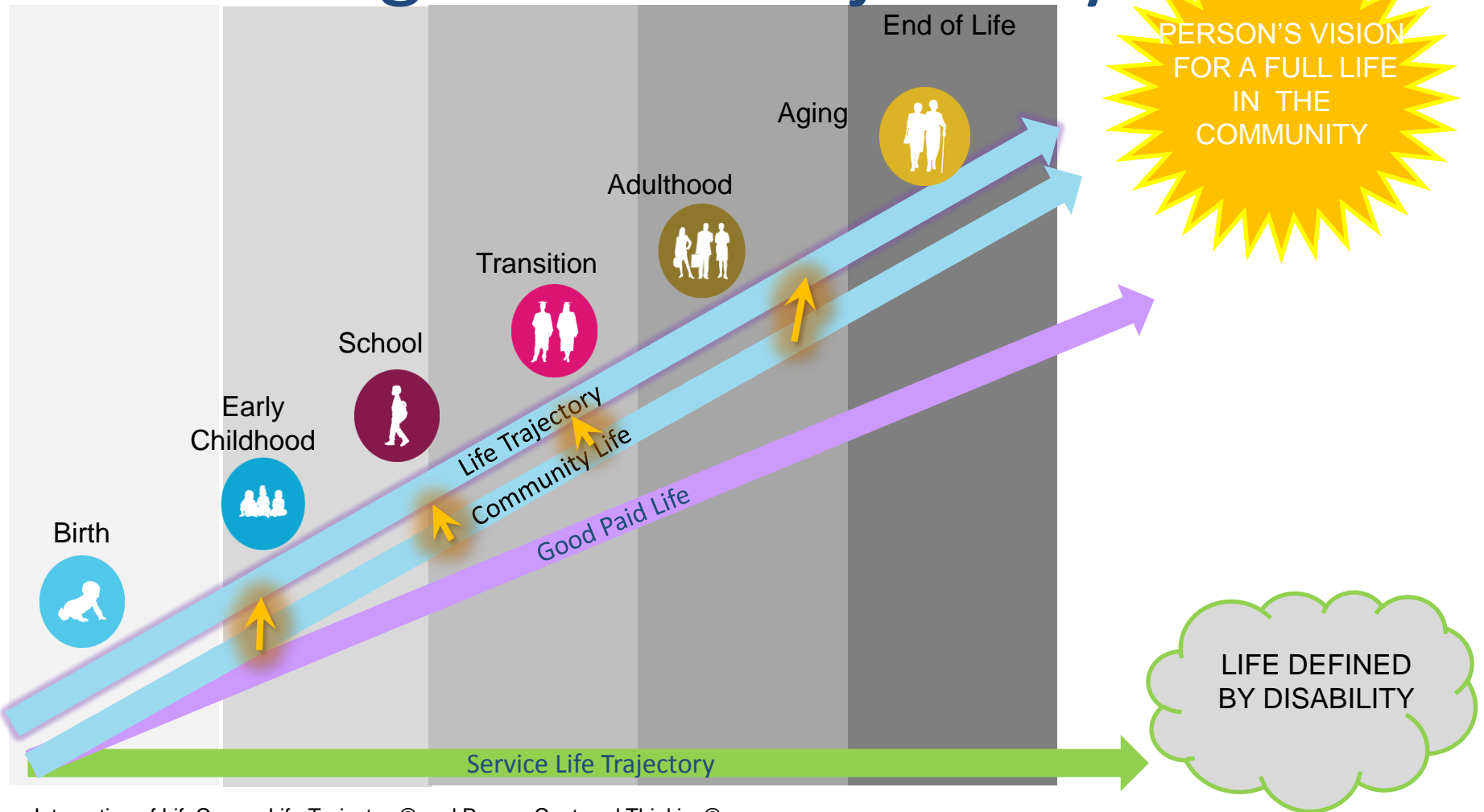
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Impact of Planning & Decision Making On Life Trajectory



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A Helpful Way to Identify Goals

CHARTING the life course



Life Trajectory Worksheet: Individual

Everyone wants a good life. The bubbles on the right will help you think about what a good life means for you or your family member, and identifying what you know you don't want. You can use the space around the arrows to think about current or needed life experiences that help point you in the direction of your good life.

VISION for a GOOD LIFE

To be a peer counselor to women with spinal cord injuries

To have a full life and be connected to others

To pursue my passion in the arts

What I DON'T Want

To be stuck at home or in a nursing home

To not be productive

Go to painting classes

Do as much as I can for myself

Stay involved in my church – get involved with the choir

Not doing anything for myself

Being in a nursing home

Wasting away at home

Volunteer to get experience as a peer counselor



A service or support is NOT an outcome!



Examples that are *NOT* outcome statements:

- I want a day program.
- I want to go to physical therapy.
- I want speech therapy.
- I want to be in the workshop.

Considerations for Developing the Service Plan

- Support to maintain health
- Support for ADLS
- Support for Starr (Carrie's dog)
- Support to attend church
- Support to go to karaoke
- Support to paint

Identifying Resources

- Resources are not just what the system provides (i.e. HCBS services)
- Are there personal assets/strengths?
- What relationships are available?
- Can technology provide assistance?
- What community opportunities exist?

Available Resources

Personal Strengths/ Assets	Relationships	Technology	Community Based	Eligibility Specific
<ul style="list-style-type: none"> • Outgoing • Fearless • Forgiving • Social • Strong faith • Likes a challenge • Funny • Artistic • helpful 	<ul style="list-style-type: none"> • Kathy (mom) • Amy (friend) • Starr (dog) • 2 sisters 	<ul style="list-style-type: none"> • Sip-n-puff electric wheelchair • iPhone • Bluetooth • Computer • CamelBak • Life Alert • Repositioning mattress 	<ul style="list-style-type: none"> • St. Catherine's church • Karaoke clubs • Movie theater • Painting studios 	<ul style="list-style-type: none"> • HCBS • Voc Rehab • Paratransit

CHARTING the life course



Long Term Support Needs

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM							
6:30-7 AM							
7-7:30 AM							
7:30-8 AM							
8-8:30 AM							
8:30-9 AM							
9-9:30 AM							
9:30-10 AM							
10-10:30 AM							
10:30-11 AM							
11-11:30 AM							
11:30-12 PM							
12-12:30 PM							
12:30-1 PM							
1-1:30 PM							
1:30-2 PM							
2-2:30 PM							
2:30-3 PM							
3-3:30 PM							
3:30-4 PM							
4-4:30 PM							
4:30-5 PM							
5-5:30 PM							
5:30-6 PM							
6-6:30 PM							
6:30-7 PM							
7-7:30 PM							
7:30-8 PM							
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10 PM							
10 PM-6 AM							

Daily Schedule

CHARTING the life course



Integrated STAR Activities

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		Spend
6:30-7 AM	I-pad while	I-pad while	I-pad while	I-pad while	I-pad		Night with
7-7:30 AM	Mom walks	Mom walks	Mom walks	Mom walks	Mom walks		Matt
7:30-8 AM							
8-8:30 AM		Volunteer		Volunteer	Workout		
8:30-9 AM		Fire Station		Fire Station	@ Gym		
9-9:30 AM	Go for walk	8-Noon	Buy food	8-Noon	Get ready		
9:30-10 AM			& take to		& go to IHD		
10-10:30 AM	Workout		Good Sam.		Volunteer		Church @
10:30-11 AM	@ Gym		Center		At IHD		St Ann's
11-11:30 AM	Watch TV		Watch TV		with PCA		
11:30-12 PM			Lunch with				
12-12:30 PM	Lunch with	Lunch with	PCA help	Lunch with	Lunch @		
12:30-1 PM	PCA help	Firemen @	Workout	PCA help	Crown Cntr		
1-1:30 PM	Library	El Maguey	@ Gym	Wal-Mart			
1:30-2 PM		Watch TV		With PCA			
2-2:30 PM	Watch TV	& chill until	Sonic drink	Watch TV	Get ready		
2:30-3 PM	& chill	football	Chill time	& chill	for game		
3-3:30 PM	Football	Football	Football	Football	ESHS		
3:30-4 PM	Practice	Practice	Practice	Practice	Tigers		
4-4:30 PM					Football		
4:30-5 PM					Game		
5-5:30 PM						Dinner with	
5:30-6 PM		Go visit				Matt (twin)	
6-6:30 PM		Twins, Chad	McDonalds				Watch
6:30-7 PM		& Ericka in				Music	PayPerView
7-7:30 PM		Lawson				Concert	with
7:30-8 PM	I-pad when	I-pad while	Northland	I-pad while		with Matt	Firemen
8-8:30 PM	Mom walks	Mom walks	Therapeutic	Mom walks			friends
8:30-9 PM			Horseback				
9-9:30 PM			Riding				
9:30-10 PM							
10 PM-6 AM						Spend night with Matt at his apartment	

Sample of an Integrated Daily Schedule



Carrie's One Page Description

What People Like and Admire about ME

- Outgoing
- Enjoys being around people
- Likes to make others laugh
- Listening ear
- Forgiving
- Fearless
- Likes challenges

What is important to ME

- Looking neat and clean
- Casual clothes - shorts and a nice T-shirt
- Prevent bed sores
- Consistent and reliable caregivers
- Attend painting classes
- Go out with her friend, Amy

My Support Needs to be Happy, Healthy, and Safe

- Total assist with bathing, grooming, feeding, wheelchair transfers
- Uses electric wheelchair with sip & puff for independent mobility
- Needs assist with weight shifting for pressure relief while in wheelchair and turning every 2-3 hours to prevent bed sores when in bed
- Needs help to drink 8 or more cups of liquids daily due to a history of urinary tract infections
- Strict bowel routine every day
- Daily range of motion exercises to prevent stiffness to arms and legs
- Blow dry hair after shampoo and floss teeth after each meal

Picture of My Life

- Accessibility in/out of home since home is a second story walk up town house with 14 stairs; needs assistive device
- Mother to reside in home and assist with care as long as she can
- Stylish home
- Become artist

Carrie's One Page Description

My Support Needs to be Happy, Healthy, and Safe

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Putting The Service Plan Together



#	Start Date	Modified Date	My Needs, Risks, Issues	My Goals	My Outcomes (include timeframes)
<u>7</u>	<u>6/30/17</u>	<u>NA</u>	I love painting and would like to get better at it.	I will receive the help I need to attend painting classes.	I will be able to attend painting classes 2x/week for the next 3 months.
<u>Priority</u>	<u>My Actions</u>			<u>Barriers</u>	<u>Who Will Help Me</u>
1	I will contact Rehab of the Pacific to schedule the painting classes.			none	Carrie
2	I will contact Susan (service coordinator) with the start date of my painting class since I will need personal care worker to accompany me to the class. During class, a personal care worker will help reposition me and help me with drinking water.			availability of a worker	Aloha Caregivers.

Putting The Service Plan Together

#	Start Date	Modified Date	My Needs, Risks, Issues	My Goals	My Outcomes (include timeframes)
<u>10</u>	<u>6/30/17</u>	<u>NA</u>	I would like to volunteer as a peer counselor for young women with spinal cord injuries.	I will receive the training I need to be a peer counselor.	Will obtain more information on the training program and other requirements to be a peer counselor within 3 months.
<u>Priority</u>	<u>My Actions</u>			<u>Barriers</u>	<u>Who Will Help Me</u>
1	I will contact Rehab of the Pacific for information on the training needed to volunteer as a peer counselor there.			May not have qualifications to be peer counselor	Carrie

Putting The Service Plan Together

#	Start Date	Modified Date	My Needs, Risks, Issues	My Goals	My Outcomes (include timeframes)
<u>11</u>	<u>6/30/17</u>	<u>NA</u>	I would like to attend my church located one block away on Sunday.	I will receive the help I need to attend church on Sundays.	I will attend church every Sunday over the next 3 months.
<u>Priority</u>	<u>My Actions</u>			<u>Barriers</u>	<u>Who Will Help Me</u>
1	Personal care worker will accompany me to church to help reposition me and help me with drinking water.			Worker availability	Aloha Caregivers



Thanks for
helping us
continue to
develop plans
that better
support our
members!

For Further Information

- Support Development Associates
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