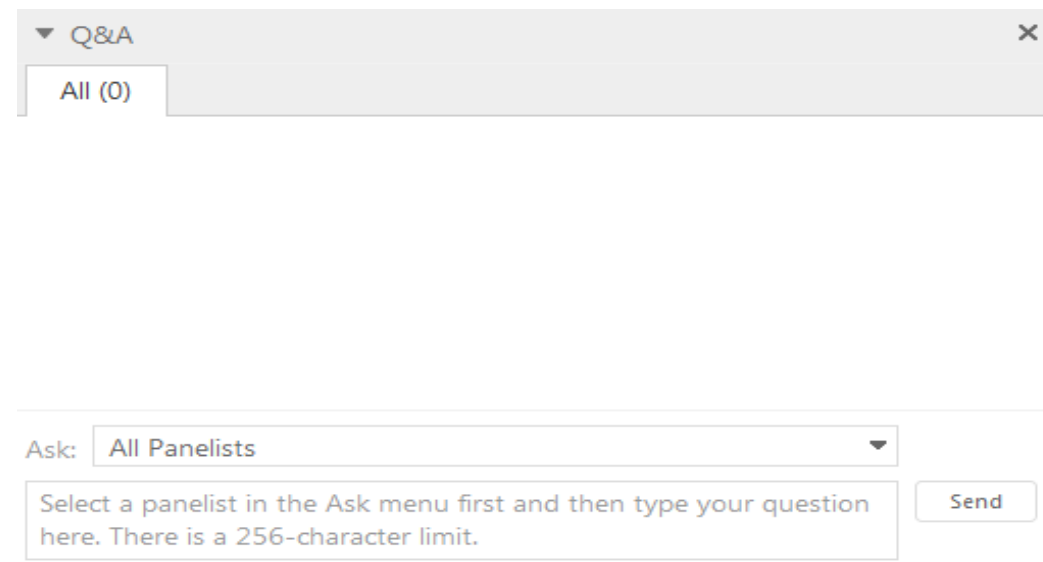




# Support Planning Professional Learning Community (SPP LC)

April 25, 2018

To ask a question during the presentation use the Q&A Panel in WebEx



The screenshot shows a WebEx Q&A panel window. At the top, there is a header with a dropdown arrow and the text "Q&A" and a close button "X". Below the header is a tab labeled "All (0)". The main area of the panel is empty. At the bottom, there is a section labeled "Ask:" with a dropdown menu currently set to "All Panelists". Below the dropdown is a text input field with the placeholder text "Select a panelist in the Ask menu first and then type your question here. There is a 256-character limit." To the right of the text input field is a "Send" button.

Select “All Panelists”, type your question, and click Send.

## Announcements

## Waiver Reimagine Project

## Person-Centered Planning for Older Adults

# Announcements

- MnCHOICES Reassessment Webinar
  - Tuesday, May 8<sup>th</sup>; 1:30 – 3:30 pm
- Home and Community Based Services (HCBS) Waiver Foundations Webinar
  - Tuesday, May 15<sup>th</sup>; 1:00 – 3:00 pm



## The Waiver Reimagine Project

Elyse Bailey & Colin Stemper

Disability Services Division

# Project Background

- The Waiver Reimagine project will examine the program structures of the four disability waivers.
- The project seeks to recommend structural changes that simplify and improve the programs.
- The Waiver Reimagine project includes two legislative studies:
  - Study 1: Disability Waiver Reconfiguration
  - Study 2: Individual Budgeting Model

# Project Partners

- Partnering with HSRI, NASDDDS, the U of M, and Burns & Associates to complete this work.
- Studies will occur during 2018; informing work in 2019 and beyond.

# Project Vision

- The Waiver Reimagine project seeks to:
  - Make HCBS responsive to a person's needs, preferences, and circumstances regardless of waiver program.
  - Identify administrative simplifications for DHS, lead agencies, providers, people, and families.
  - Align benefits across waiver programs including consistent limits and allowable services.
  - Empower people by providing them more information about their service cost.
  - Build upon years of existing system improvement work.

# Study 1: Disability Waiver Reconfiguration

- Intent:
  - Identify efficiencies, simplifications, and improvements through reconfiguring the disability waiver program structures.
- Recommendations may include:
  - Consolidating one or more waivers or offering additional waivers.
- Objectives:
  - Equity between populations and programs to provide access to the services and supports people need.

# Study 1: Principal Questions

- *Under a reconfigured waiver structure...*
  - Who will be eligible for services?
  - How will the state and lead agencies administer supports and services?
  - What services will be available to people?
  - What changes will be made to service planning?
  - What will need to be done to ensure a smooth transition between structures?

# Study 2: Individual Budgeting Model

- Intent:
  - Develop an individual budgeting model for all disability waiver recipients.
  - Examine changes to CDCS budget methodologies.
- Recommended model may include:
  - Individuals' support needs, MnCHOICES assessment information, living circumstances, and other potential factors
- Objective:
  - Enhance personal authority people have over choosing the type and amount of HCBS they receive.

# Minnesota has already started this effort...

<b>Principles and Intentions</b>	<b>X</b>
<b>Standardized Assessment</b>	<b>X</b>
<b>Range of Services</b>	<b>X</b>
<b>Rates Framework</b>	<b>X</b>
<b>Individual Budget Method</b>	<b>O</b>

- There are 5 core elements for developing an individual budget methodology.
- Minnesota has 4 of the elements in place.

# Public Engagement

- The [Waiver Reimagine public website](#) posts updates and information.
- [Waiver Reimagine Focus Groups](#) are happening through May to gather community input.
- 4 meetings of the Waiver Reimagine stakeholder group.
- Information gathering from advocates, lead agencies, and providers.
- Engage with us through [waiver.reimagine@state.mn.us](mailto:waiver.reimagine@state.mn.us)

# Questions

What questions do you have about the Waiver Reimagine project?

# Waiver Reimagine



# Thank you!

[waiver.reimagine@state.mn.us](mailto:waiver.reimagine@state.mn.us)



**DEPARTMENT OF  
HUMAN SERVICES**

# Person Centered Planning for Older Adults

Carol Kuhlmann

Director of Person-Centered Practices

Rakhma Homes

# Curriculum Contributors

- Residents served by Rakhma Homes
- The Learning Community for Person Centered Practices  
[www.learningcommunity.us](http://www.learningcommunity.us)
- Jolene Brackey, Creating Moments of Joy  
[www.enhancedmoments.com](http://www.enhancedmoments.com)
- Alzheimer's Association
- Dementia Friends

What do you want next in life?

Do you have plans?

Where do you want to live?

# We all have hopes and dreams for our future

For many, what they hoped and planned for doesn't work as they planned. They may not have the option to age in place, at home.

- What comes next in life?
- We may need a new home
  - One where we have minimal assistance
  - One where we need significant help with daily needs and cares

# It would be a new HOME

- It is important for us first to remember this in serving older adults in any level of assisted living right through skilled nursing care
- When they move to any assisted living...this is their new home
- As they age and needs change, they may need another new home

# This is *their* home

It will look different for everyone...



But it is home...where the heart is



**We work in their home**

They do not live in our  
work place

# Start there, you are working in their home

- Always sharing respect and dignity, as you would as a guest in someone's home
- We start planning with this, working to allow them happy & safe & content in their home
- Respect your elders. They are counting on this!

# We have to get to *know* the people

- Using Discovery & Listening Skills to create a Person-Centered Description
- We want to help include the things that they have enjoyed in life
- We want to know what their accomplishments and great moments in life have been and find ways to acknowledge this in our interactions

My first experience in planning for older adults was in the early 1990's with my parents



# Then, Mom was diagnosed with Alzheimer's.

- This changed the plans my parents had hoped and planned for their future 'Golden Years'
- I was their primary care partner as mom progressed in her disease
- I was support to dad, as he watched the love of his life fading away
- I knew them well and this allowed me to focus on what was important TO them, as well as important for them

# Living Life to the Fullest!

- This was Important TO them
  - Doing what they enjoyed
  - Celebrating every day they had
  - Being Joyful
  - Having Fun
  - Being Thankful
- 
- They couldn't do it on their own, they needed my support in planning so this could be part of their daily life

# Meeting changing needs...

- We continue to plan as changes occur
- Mom lived nearly 20 years with Alzheimer's
- By early 2000's, it became too difficult for dad to care for mom.
- They needed 24/7 care
- Dad was diagnosed with Alzheimer's by 2007...more planning needed

Creating Joy still carried on!



# Know the Person

Know who they have been, who they were.

What has been important in their life?

Family, Career, Friends, Entertaining, Hobbies

# Create Person Centered Descriptions

- Not everyone providing supports can know everything about the people we serve
- Create one page descriptions for everyone you serve
- One page descriptions allow everyone an opportunity to know the people they support and learn how to really make a positive difference in their day and life

**Let's Remember  
Their Greatness!**

What is each person's  
greatness?

What has brought joy to  
the people you support  
throughout their lives?

### **Betty's Favorite Things:**

- Cooking!
- She loves to cook and bake:
- Favorites include lasagna, pineapple upside down cake and other desserts.
- Word Find books
- Country music
- Making things for Willisa
- Knitting
- Shopping & Errands



### **What People Like & Admire About Betty:**

- Has a smile for everyone
- Caring
- Fun
- Compassionate
- Happy
- Easy-going
- Observant
- Dependable
- Organized
- Generous
- Great Cook

### **Who or What is important TO Betty:**

- Helping at the Day Program weekly
- Her son William (St. Paul, MN)
- Her son Mike (McGregor, MN)
- Her daughter Samantha (McGregor, MN)
- Her granddaughter Willisa (William's daughter)
- It is important for Betty to be able to visit her family.
- Contributing to the kitchen in various ways
- Making the cake for all resident birthdays
- Being asked her opinion about menus

## **Betty**

### **Things that are important FOR Betty:**

- Her walker, she needs this to get around
- She likes to be able to walk and go outside to smoke
- Her independence is extremely important for Betty

### **Things that Betty prefers in her daily routine:**

- She wakes up between 5-6am
- Betty goes to bed between 7-8pm
- She does not nap during the day but does rest in her room

### **Food and Beverages:**

She loves to help cook and her favorite meal would be steak.

She likes coffee with cream in it and to drink it throughout the day!

She enjoys snacking on sour cream and onion potato chips and Reese's Peanut Butter cups.

She does not like liver, pizza, enchiladas, salad, or anything that is too bready.

She likes Rice Krispies and eggs for breakfast. Eats small portions.

What is Betty's  
Greatness?

# As we learned more about Betty we discovered she wants everyone around her happy and well fed.

- She loves to help plan meals
- She loves to make cakes for birthdays
- She is be part of planning holiday meals
- She offers her expertise to many at Rakhma
- She helps at a day program twice a week with snacks and lunch
- She likes to make things for others

**Betty is living her  
*Greatness*  
every day**

**We help make this a priority in  
planning her day, week and  
month!**

### Don's Favorite Things:

LOVES talking about politics

Loves PBS News Hours

His books, conversation

Loves talking about his involvement in the Civil Rights Movement in the south and books, specifically Gandhi's Seven Steps to Global Change and his friend, Bernie Sanders

Having his own space/"work area"



### Things that are important FOR Don:

- He would like to be helpful around the house
- He is oblivious to temperature at times, so help be mindful for him of appropriate layers
- He likes hugs and loves to joke
- He can be obsessed with world news
- Don is really aware of losing his independence and is having a difficult time with that.

### Who/What is Important TO Don:

His daughters Terry, Gail and Sharon

Terry and Gail are both local and Sharon is in IL.

He has a PhD and was a professor of sociology and anthropology at Hamline University

He has traveled a lot and has stories to share

He speak spanish

He is Quaker and may have friends visit from the Society of Friends

Don

### Things Don prefers in his daily routine:

- He is an early riser (7am)
- Likes to listen to Amy Goodman on the radio when he gets up
- He enjoys the paper when he wakes up
- Don does nap some in the afternoon
- He also listens to Amy Goodman in the afternoon from 2-3pm on AM 950

### Food & Beverages:

Loves chocolate. Likes bananas, milk, ice cream. Does not like tea or coffee. Does not like corn bread or dry bread.

### What is Important TO Dean:

- Getting back to South Dakota to see family
- Wanblee, SD; 7 miles from Kadaka, SD which is close to 'home'
- His rings; right hand has 2 on little finger from his wife, Pamela, who is deceased, 2 rings on left had; the silver 'spinner' ring is from when the Mall of America first opened. He takes good care of these



**Dean**

### What People Like & Admire About:

- Great Work Ethic
- Good at many different jobs he has done
- Loyal
- Dapper Dresser
- Considerate
- Good, fun sense of humor (NOT sarcastic)

### Things preferred in daily routine:

- Prefers Fist Bump over Handshake (you don't know where others hands have been)
- Some days early riser, some days like to sleep in
- Time to talk about the work I have done

### Things that are important FOR Dean:

- Glasses
- Dentures (not too much Fixodent)

### Some Favorite Things:

- His wallet, ID's, money , 2 silver rings and his Cowboy Boots
- Talking about his past work life;
  - Goldmining, Construction on I-90 Highway when built
  - Bridge Building
  - Working on Continental Divide - fighting fires & sleeping under the stars
- Coffee with sugar

### Who or What is Important TO Deborah:

- Xxx, husband
- xxx, daughter,
- xxx, son
- Grandson
- Xxx, daughter
- Xxx, granddaughter
- Xxx, grandson
- Feeling loved & cared for
- Laughter!



**Deborah  
(or Deb)**

### Things that are important FOR Deborah:

- She likes to walk around the house a lot which for her is routine.
- Being warm; she often runs cold
- Hugs! Slow & easy, showing you care
- Listening to music
- If asking for husband, let her know he is working
- If asking for her mom, let her know she doesn't live with us anymore.

### Deborah's Favorite Things & Conversation Topics:

- She's a joker to the extent she can
- She used to do Improv & Stand-up comedy
- Being around happy & smiling people
- Patsy Cline, musician (she may call you Patsy or ask where is Patsy) Put on her music!
- Motown music
- Deborah worked as an RN in nursing homes and home visits. She was a Hospice nurse & Hospice chaplain. Deborah volunteered as prison chaplain at Shakopee Women's Prison

### Things Deborah prefers in her daily routine:

- Bottled Diet Ice Tea at ROOM TEMP, she drinks multiple bottles daily. Let her walk around with the cap on & drink as she moves about
  - Energy Bars! Not a big eater & she loves these!
- Eating finger foods 'on-the-go'
- Hot (warm) black tea such as Lipton
- Warm blanket
- Warm hats
- Prefers wearing shoes
- Occasional nap in a comfy chair

### What People Like & Admire about Deborah

She is a caregiver

She loves to laugh and make people laugh

Loves music and dancing

Great sense of humor

She makes people happy

She is flexible

Helpful

Dedicated

Loving

She is kind to all

Easy going

Has a great smile

# Other Examples of Living Their Greatness:

- Another Betty living with us worked for the IRS 30+ years; ask her if she wants to help in the kitchen... 'No, I was a professional, mother did the cooking'
- Jack, the 3M executive who was at my desk every morning & telling me I was late for the important meeting! I always apologized & asked what he needed me to do next...and boy, did I get a list
- Greg, the coach. He calls the staff 'kids'; we don't correct him
- Don, the Pastor, greeting him as Pastor Don and sharing grace with him
- Deborah, former RN (don't ever say she WAS a nurse, she IS a nurse)
- Julie, the former caregiver, taking care of others is who she is
- Mike, the former lawyer and actor, he wants all treated fairly
- Paula collects dolls, just ask about them and she is thrilled to share
- Carmen loves to fish - ask her about favorite fishing stories; you'll catch a 'lunker'

EVERYONE has their greatness

Discover their greatness &  
celebrate this in their aging!

# And never forget...Respect your elders!

- They deserve it
- They appreciate this, you would, too
- It makes all the difference in your connections & communication
- Start planning for greatness in your connections with those we serve!
- The joy created will fill you all up!

# Thank You!

[DSD.ResponseCenter@state.mn.us](mailto:DSD.ResponseCenter@state.mn.us)

# Where to find help now

- Person Centered Thinking 2-day Trainings
  - <http://rtc3.umn.edu/pctp/training/newdates1.asp?training=1>
- Person Centered Practices Webpage
  - <http://mn.gov/dhs/partners-and-providers/continuing-care/provider-information/person-centered-practices/>
- Olmstead Plan Webpage
  - <http://mn.gov/dhs/general-public/featured-programs-initiatives/olmstead-plan/>
- DHS Training Archive page
  - [http://www.dhs.state.mn.us/main/dhs16\\_143138](http://www.dhs.state.mn.us/main/dhs16_143138)
- Bulletins
  - [http://www.dhs.state.mn.us/main/id\\_000305](http://www.dhs.state.mn.us/main/id_000305)
- Lead Agency Review Website
  - <http://www.minnesotahcbs.info/>
- E-List Announcements
  - [http://www.dhs.state.mn.us/main/id\\_000677#](http://www.dhs.state.mn.us/main/id_000677#)
- CBSM Main Page
  - [http://www.dhs.state.mn.us/main/id\\_000402](http://www.dhs.state.mn.us/main/id_000402)
- Disability Hub MN
  - <http://disabilityhubmn.org/>
- Positive Supports Minnesota
  - <https://mnpssp.org/>

Please take a moment to let us know your thoughts.

- Take our [Survey](#):
- <http://surveys.dhs.state.mn.us/snapwebhost/s.asp?k=152459578562>

Audio from today's session will be available beginning tomorrow morning by dialing:

855-859-2056

Conference ID:

4969969

If you have questions following the session, email to  
[DSD.ResponseCenter@state.mn.us](mailto:DSD.ResponseCenter@state.mn.us)

Thank you for attending!