Support Planning Professional Learning Community (SPP LC)
July 26, 2017
To ask a question during the presentation use the Q&A Panel in WebEx

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

Factors Affecting Choice
• What contributes to quality of life is different for each person.

• Person-centered practices help a person live a quality of life by:
  • Promoting independence
  • Encouraging informed choice
  • Recognizing their right to take risks.
Purpose of this guide

Service Cycle

- Discovery and Learning (Assessment)
- Support and Action Planning
- Implementation
- Quality Review
Support planner responsibilities

• The support planner must
  • Support and encourage the person to make informed choices, and respect his or her right to take risks.
  • Continue to work assertively with a person who refuses necessary services
  • Understand his or her reporting duties under the maltreatment of Children and Vulnerable Adults Act
  • Understand person-centered planning
  • Work with the person to develop a plan that meets his or her needs, wants and addresses any identified risk.
Step 1
• The person shares his or her goals, wants and/or desires

Step 2
• The person discusses how a goal, want and/or desire is important to them

Step 3
• The person shares what he or she likes and dislikes about the support options
Step 4

When the person shares his or her successes and challenges with the support plan, the support planner will:

- Identify any additional successes and challenges not listed in the support plan that occurred during the process of implementing his or her goals, wants and/or desires. This includes identifying risk areas.

- Recognize opportunities to build on success and address any challenges.

- Update the support plan as the person continues to share additional goals, wants and/or desires.
• CBSM - Guide to encouraging informed choice and discussing risk

• DHS – Child protection

• DHS – Person-centered practices

• DHS – Person-Centered, Informed Choice and Transition Protocol

• Minnesota Board on Aging – Vulnerable adults

• Vulnerable Adults Mandated Training
Questions?
Factors Affecting Choice

Angela Amado, PhD, University of Minnesota’s Institute on Community Integration
Stacy Danov, PhD LP, Department of Human Services, Disability Services Division
Background

- Person Centered Practices and Support Planners
- Trainings
1) The person’s strengths (DL2.E)

2) **Opportunities for choice** (DL2.G)

3) Current physical and/or mental and/or chemical health status (DL2.H)

4) Rituals and routines (quality, predictability, and preferences) (DL2.L)

5) Person’s dreams and aspirations (DL3.A)

6) Preferred living setting (DL3.B)

7) Preferred work/education/productive activities (DL3.E)

8) Social, leisure or religious activities (DL3.F)

9) Goals or skills related to person’s preferences (SAP1.B)

10) Action steps needed to achieve goals or skills (SAP1.C)

11) Identifies who is responsible for monitoring implementation of the plan (SAP1.L, SAP1.N)

A system that helps the person make informed choices that results in a life of their choosing in their communities.
We need choice and control to:

- Have purpose and meaning, to be fulfilled
- Develop and maintain relationships
- Create supportive environments that reflect our culture
- Manage our day to day lives
Choice without control

• Is just a list of preferences
• Is a road to aggression or depression
At its core the rule asks us to support people in making informed choices about:

1. Who provides the services and supports
2. Where the person lives
3. Who they live with
4. What they do with their time
5. What they do with their resources
It seems simple –

- Everyone has preferences, likes and dislikes, things they want to be present or absent

So just

- Ask people what they want

Then

- Help them get it
But...

• Questions about how you want to live require exploration and reflection. If you have never been asked they are hard to answer

• You may need to try new things to determine what you want

• If you communicate differently, we need to listen differently

• Past trauma impacts expressed choices

• What you want may present a risk we should not support
**CHOICES**

**Made by Others**
- No cash, no $  
- Mom buys her clothes  
- $20 paycheck she doesn’t see  
- All food comes from central kitchen

**Made by Lisa**
- Has access to pennies  
- Jelly on her toast  
- Getting a cup of water  
- Whether to take a bath or shower  
- Chores  
- Serves herself
“OK, sir, would you like interno or non-interno? ... Hai! Just kidding. It's all interno, of course — I just get a kick out of saying that.”
1. Individual/personal factors
   
   • Acquiescence
     
     (people say what they think you want to hear)
   
   • What we say is based on our past
   
   • People need to have direct experience (the Baskin Robbins principle)
   
   • Complacency
   
   • Fear of change
   
   • No one always says what they mean
   
   • Trust
2. Environment/service issues

- Are you limited to a menu of systems options
- Are you listening to “the unsaid”
- Are you using “It’s their choice” as a justification for the status quo
- Are you balancing choice with the other four valued experiences
- Is “choice” honored as a selection of options versus understanding the person’s core values
Responses to “I WANT…..”

1. Given the person’s history, why might they be saying that? What would that mean about what kind of new experiences we can help them to have?

   “I want to stay here...”

2. If we listen beneath the surface, to the unsaid, what is the person saying they want?

   “I want to marry Mick Jagger”

3. How close can we get?

   “I want to be a doctor”

4. How can we make it happen?

   “I want my own place”
Reflect and Share

• What is one thing you could do in your practice to increase people’s experience of choice and having more say in their life?
Questions?

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

• **Bulletins**
  • 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#

• **CBSM Main Page**
  • http://www.dhs.state.mn.us/main/id_000402
Please take a moment to let us know your thoughts.

• Take our [Survey](http://surveys.dhs.state.mn.us/snapwebhost/s.asp?k=150100683655):
Audio from today’s session will be available beginning tomorrow morning by dialing:

855-859-2056
Conference ID:

57929906

If you have questions following the session, email to
DSD.responsecenter@state.mn.us
Thank you for attending!
Thank you!