Support Planning Professional Learning Community (SPP LC)
September 27, 2017
To ask a question during the presentation use the Q&A Panel in WebEx

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

Disability Hub MN Virtual Insight Panel (VIP)

Empowering choice and balancing risk
The tool is a set of questions asked at the person’s mid-year visit with their case manager or at their annual reassessment for those who do not have a case manager (PCA only).

The goal of the tool is to better understand people’s experiences with their services and improve service responsiveness and to standardize data sources for the purpose of federal reporting requirements.

Location: MnCHOICES Support Plan application

Launch date: October 30, 2017

Webinar: November 1, 2017 (eList announcement to come)
Minnesota Gathering for Person-Centered Practices

- November 7 – 8
- Edinburgh Golf Course in Brooklyn Park

Minnesota Association of Resources for Recovery and Chemical Health (MARRCH)

- October 30 – November 1
- St. Paul RiverCentre
Five additional dates and locations for this training workshop:

- October 24th, 2017: Austin
- November 6th, 2017: Grand Rapids
- November 16th, 2017: Worthington
- December 1st, 2017: St. Paul
- December 8th, 2017: St. Cloud
Disability Hub MN Virtual Insight Panel (VIP)

Linda Wolford and Nina Fernandez | Disability Services Division
Questions?

DSD.ResponseCenter@state.mn.us
Empowering choice...and balancing risk

Anne Roehl | Director of Services in Minnesota | Mains’l Services
• **Think about your life...**
  - What is the last risk you took?
  - Why did you take it?
  - How do YOU decide if something is TOO risky?
IMPORTANT TO
AND
IMPORTANT FOR
AND
THE BALANCE BETWEEN THEM
What is important to a person includes those things in life which help us to be satisfied, content, comforted, fulfilled, and happy. It includes:

• People to be with /relationships

• Things to do & places to go

• Rituals or routines

• Rhythm or pace of life

• Status & control

• Things to have
• Includes what matters the most to the person – their own definition of quality of life

• What is important to a person includes only what people “say” either:
  — with their words
  — with their behavior

*When words and behavior are in conflict, pay attention to the behavior and ask “why?”*
– Issues of health:
  – Prevention/Treatment of illness / medical conditions
  – Promotion of wellness (e.g.: diet, exercise)

– Issues of safety:
  – Environment
  – Well being ---- physical and emotional
  – Free from Fear

– What others see as necessary to help
  – The person be valued , and
  – Be a contributing member of their community
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 also “important to” them

*Balance is dynamic (changing) and involves tradeoffs:*
  – *Among the things that are “important to”;
  – *Between important to and for*
• Health & Safety
• Being Valued
All Choice No Responsibility (can be dangerous)

- People
- Status & Control
- Things To Do
- Routines
- Places To Go
- Thing To Have
Balance is unique to all of us

Important For

- Health & Safety
- Being Valued

Important To

- People
- Status & Control
- Things To Do
- Routines
- Places To Go
- Things To Have
But what about risk??

Do NOT ignore the guys in the hazmat suits!
Of course, some risk is just not okay...
But, did you know...

• A cow is more likely to kill you than a bear
• More people die at Disney World than from Alligators in Florida
• Falling coconuts kill more people than sharks every year
• Running a marathon and skydiving are equally likely to kill you
Looking at *risk* as a team…
Informed Choice Assumes...

• You know what you want
• You know what is possible
• What is possible includes what is desirable
• You have life experiences to draw from in thinking about all of this!
• And of course, the potential risks are clear
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
- Depression
Decision Making

A Key to Positive Control:

• Choice is not picking between two options (this or that)

• Choice has limitations and impact (understanding them)

• The person must find the options appealing to them
Choice has Boundaries for Everyone

- Imposed by society
  - Laws
  - Expectations/Values

- My values
  - What is and is not OK for me and those I trust

- Resource Driven
  - Financial – how much money I have
  - Time

*** Notice when the boundaries people we support experience are set for the convenience of the system, therefore limiting choices that meet the person’s desires (i.e. operating hours, staff schedules, policies or procedures.)
Choice has Boundaries for Everyone

- Risk involved

- Ripple effect: one choice creates boundaries on other choices
  - My relationships
  - The work I do
  - Where I live

*** Notice when the boundaries people we support experience are set for the convenience of the system, therefore limiting choices that meet the person’s desires (i.e. operating hours, staff schedules, policies or procedures.)
Choice and Balance

• As we think about choice, we can see
  • All choice can be irresponsible (happy and sick or at risk)
  • And dictating lifestyle is unacceptable (alive and miserable)

• Good support means finding the balance
  • Finding the balance can create conflict
  • We all have a right to make choices, even bad choices
Shifting the discussion

Shifting from “either/or” into “and” thinking

Rather than “can we pursue this,” asking instead “how could we pursue this?”

OR

Rather than “it’s risky,” asking instead "what are the risks?”
Our Job is:

- Help people have positive control over a life that they desire and find meaningful
- Ensure people’s contributions are recognized, valued, and supported
- Connect people with a web of relationships, both natural and paid within their communities
Fix vs. Support

Power Over

Power With

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www.tlcpcp.com
Implementation of Person-Centered Practices means...

A Promise to Listen

A Promise to Act

A Promise to be honest

• Let people know when what they are telling us will take time and may be difficult.

• When we do not know how to help them get what they are asking.

• When what the person is telling us is in conflict with staying healthy or safe and we can’t find a good balance between important to and important for.
“what does the person really want?”

“what are the real risks?”

“can we manage real risks?”

“how could we move forward?”

“who else could help?”
Balance is unique to all of us

Important For
What the team FEARS

Important To
What the person WANTS
AJ’s Desired Weekend

• Wheeling through the mall
• People watching, small talk
• Beer at Hooters Saturday night
• Church on Sunday morning
• No staff at these places
What the team fears...

For AJ’s Health and Safety
• Getting trapped
• Financial exploitation (someone takes his cash)
• Physical disability (someone takes advantage, he gets trapped)
• Being understood (literally--his accent)

For AJ’s Being Valued
• “Inappropriate interaction”
• Being understood
Cost of Safety: Dictating lifestyle

Important For

Important To
Cost of “Choice without Boundaries”

Important For

Important To
Living a life AJ Chooses
Janet’s Dream Vacation
What the team fears...

For Janet's Health and Safety
• Getting delayed and/or needing emergency dialysis
• Getting sick while on vacation
• If medications are lost/need to be reordered
• Cancellation (money lost if cancelled)

For Janet's Being Valued
• Not setting the group back
Cost of “Choice without Boundaries”
Living a life Janet Chooses
Thinking vs. Planning

- Sometimes a discussion about balance can help us plan to achieve the goal
- Sometimes a Person Centered Plan is required to think through goals, risks, and ideas about the future
  - Focused on what’s important to the person
  - Identifies action steps, timelines
Exploring Dreams & Fears

- **MAPS Process**
  - The Story
  - Dream
  - Nightmare
  - Strengths/Contributions
  - What else will it take? (assistance to contribute)
  - Action Agreements
• Person Centered Planning Methods
  • PCT is a prerequisite
  • Covers MAPS and PATH
  • Betsy Gadbois, Director of Person Centered Practices at Owakihi
    • bgadbois@owakihi.com
    • 651-451-2889
PCT Training Options

• Mains’l
  ❖ [www.mainsl.com/person-centered-resources/](http://www.mainsl.com/person-centered-resources/)
  ❖ ALRoehl@mainsl.com

• Owakihi
  ❖ [https://www.owakihi.com/training](https://www.owakihi.com/training)
  ❖ bgadbois@owakihi.com

• University of Minnesota
  ❖ [https://rtc3.umn.edu/pctp/training/](https://rtc3.umn.edu/pctp/training/)
  ❖ personcentered@umn.edu
Many methods...same path

• Whatever PC method is used, it’s our responsibility to
  • Listen (to everyone)
  • Act on what’s important
  • Keep listening
  • Adjust, maintain balance
Thank You!

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Questions?

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Where to find help now

- **Person Centered Thinking 2-day Trainings**

- **Person Centered Practices Webpage**

- **Olmstead Plan Webpage**

- **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/](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/](http://disabilityhubmn.org/)
Please take a moment to let us know your thoughts.

• Take our Survey:

• http://surveys.dhs.state.mn.us/snapwebhost/s.asp?k=150637243307
Audio from today’s session will be available beginning tomorrow morning by dialing:

855-859-2056
Conference ID:
89692870

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