



Eastern Los Angeles Regional Center (ELARC) welcomes you to a

Community of Practice

Join service providers, people who have intellectual/developmental disabilities, family members and regional center staff to explore how person centered approaches align with Home and Community Based Services (HCBS) quality standards and people living their best lives.

Sessions will be held on the 3rd Thursday of every month over Zoom.

RSVP for one or all at [ELARCCoP.eventbrite.com](https://www.eventbrite.com)

For information contact Julie@helensandersonassociates.com

Meet the facilitators



Mary Beth Lepkowsky HSA USA, Mentor trainer for Person-Centered Thinking (PCT) and Person-Centered Planning.



Andrea Schacht HSA USA, Person-Centered Thinking Mentor Trainer. Mother of a son with a developmental disability. Former regional center service and supports manager.



Kyra Sanchez owner of Sleep Easy licensed adult residential home, clinical out patient therapist, Person-Centered Thinking Trainer.



Jennifer Carter founder and CEO of UP-LIFT Services, bilingual Spanish-speaking Person Centered Thinking trainer. Jennifer has a nephew with a developmental disability.



Shawna Hall HSA USA, self advocate, Person-centered planning trainer, Tri-Counties Regional Center board member.

All PCT trainers are certified by The Learning Community for Person- Centered Practices [TLCCPCP.com](https://www.tlccpcp.com)

ELARC COMMUNITY OF PRACTICE:

Thursday / May 18, 2023

10:30 - 12:00 PM

Using Communication Charts to Help People Have Choice and Control

The communication chart is a simple but powerful way to record how someone communicates with words and with behavior. Having the power to communicate and be understood is central to people having choice and control in their lives.

Thursday / June 15, 2023

10:30 - 12:00 PM

Learning Log of Daily Discoveries

We never stop learning about people we support. As new discoveries are made about what matters to a person, it is important to write down what is learned and share it with others who are also supporting that person, because this can be used to inform planning, update a one-page description, and shape the support that is given.

Thursday / July 20, 2023

10:30 - 12:00 PM

Sorting Responsibilities with the Donut Skill

The Donut Sort is a tool that helps staff to see what they must do (core responsibilities), where they can try things (judgment and creativity), and what is not their responsibility. Clear expectations about roles and responsibilities are critical to supporting someone well.

Thursday / August 17, 2023

10:30 - 12:00 PM

Matching Staff

Getting a good match between the person supporting and the person being supported - whether paid or unpaid - is crucial. The matching support tool is a simple way to record what is needed to create the best match. Gathering this information is one way to help people choose who provides their support.