



# EFFECTIVE PERSON CENTERED PLANNING

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Elizabeth Harrell, LCSW  
Information and Training Supervisor,  
Eastern Los Angeles Regional Center  
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*Self Determination: Let's Learn Together!*

# Today, Let's Try to Answer these Questions...

- What is a Person Centered Approach?
  - Defining “Effective”: The Cornerstones
- How is a Person Centered Plan defined by law
  - What is the federal definition/requirement?
  - What does the Lanterman Act require?
  - What's the connection to Self Determination?
- What are the different ways to develop a Person Centered Plan?
- How do I know which approach to take?
  - Knowing your own learning/planning style
- How do I know who can help me develop my plan?
  - Key Questions
  - Why is it challenging for some people to take a Person Centered Approach?
- Resources

# What is a Person Centered Approach?



# What is a Person Centered Approach?

- “**Person Centered Planning** is an ongoing problem-solving process used to help people with disabilities **plan** for their future. In **person centered planning**, groups of people focus on an individual and that **person's** vision of what they would like to do in the future.”

*Pacer Center*



# What is a Person Centered Approach? ...and how do you know if' it is "effective?"

- **Cornerstones of Person Centered Planning**
  - Presuming competence
  - Reframing behavior as communication
  - Respecting cultural diversity
  - Providing critical supports for health and safety across the lifespan so people may live where and with whom they want



Sally Burton-Hoyle, Ed. D, Eastern  
Michigan University

# What is the Federal Definition/Requirement?

- **Center for Medicare and Medicaid Services:**
  - “Person Centered Planning is a process, directed by the family or the individual with long term care needs, intended to identify the strengths, capacities, preferences, needs, and desired outcomes of the individual...The individual identifies planning goals to achieve these personal outcomes in collaboration with those that the individual has identified, including medical and professional staff...identified outcomes and training supports, therapies, treatments the individual will receive will become part of the plan of care”

# What is the Federal Definition/Requirement?

- **Center for Medicare and Medicaid Services:**
  - “Service Planning for participants in Medicaid HCBS programs under 1915 (c) and 1915 (i) mandate person centered planning process that addresses health and long term services and support needs in a manner that reflects individual preferences and goals.”

# What does the Lanterman Act require?

- 1992 Amendments
- Preferred future
- Framework for planning decisions
- Cultural awareness





# What does the Lanterman Act require?

- Team approach
- Communication
- Written Plan



# Confused?

- A Person Centered Plan can be an IPP and an IPP can be a Person Centered Plan but not every IPP is a Person Centered Plan and not every Person Centered Plan is an IPP.
  - Each type of Plan has their own definitions and requirements
  - Every person served by a Regional Center must have an IPP
  - Every IPP must be developed using a Person Centered Approach
    - There are many types of approaches
      - Formal and Informal

**Look to the Cornerstones!**



# What is a Person Centered Approach?

- **Cornerstones of Person Centered Planning**
  - Presuming competence
  - Reframing behavior as communication
  - Respecting cultural diversity
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# What's the Connection to Self Determination?

- Self Determination

- “The IPP team shall utilize the person-centered planning process to develop the IPP for a participant. The IPP shall detail the goals and objectives of the participant that are to be met through the purchase of participant-selected services and supports. The IPP team shall determine the individual budget to ensure the budget assists the participant to achieve the outcomes set forth in his or her IPP and ensures his or her health and safety. The completed individual budget shall be attached to the IPP.”



# What's the Connection to Self Determination?

- Requirements:
  - A Person Centered Approach must be utilized to develop the plan
  - An IPP with an Individual Budget attached is required



# What's the Connection to Self Determination?

*Why it Makes Sense*

- Freedom
- Authority
- Support
- Responsibility
- Confirmation



# What's the Connection to Self Determination?

- **Why it Makes Sense:** A Person Centered Approach will allow us to...
  - Stop and think about yourself/your child as a person with gifts and challenges, like all human beings
  - Identify the vision you have for yourself/your child, based on your values
  - Identify what it will take to get there
    - Outcomes vs. goals vs services
  - Identify the supports that are needed to achieve that vision
  - Identify who can provide those supports
  - Effectively outline how much those supports will cost

# What is a Person Centered Approach?

- Figuring out the services and supports needed to help the person have a meaningful life, as defined by that person and her circle of support





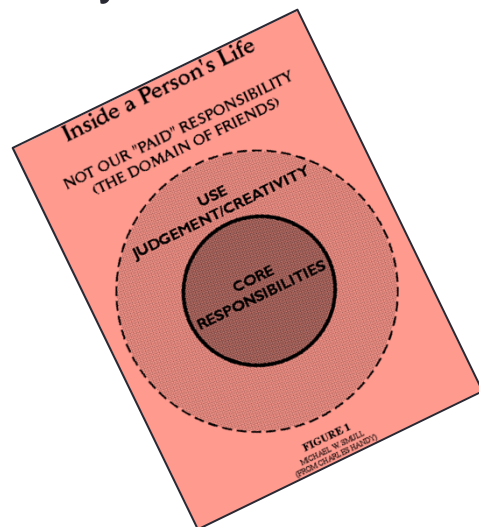
# What is a Person Centered Approach?

- Let's review some examples of structured, mindful approaches that have been developed and used over the years
  - Essential Lifestyle Planning
    - “Person Centered Thinking”
  - MAPS
  - PATH



# What is a Person Centered Approach?

- Essential Lifestyle Planning
  - A guided process for learning how a person wants to live and developing a plan to make it happen.
  - Discover what is important to a person in everyday life.
  - Identify what support the person requires and any issues of health or safety.
  - Describe what you have learned in a way that is easily understood by those who will help the person to get what is important to them



What's working ... what's not working?	
Working	Not Working

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My One Page profile

Your Name

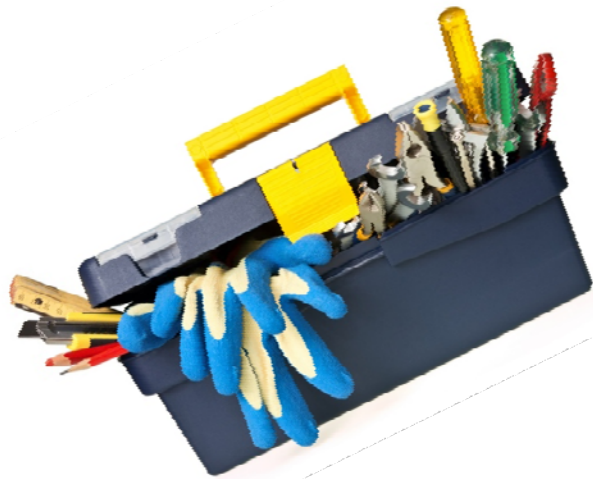
What people represent to me

Most important to me

What I support

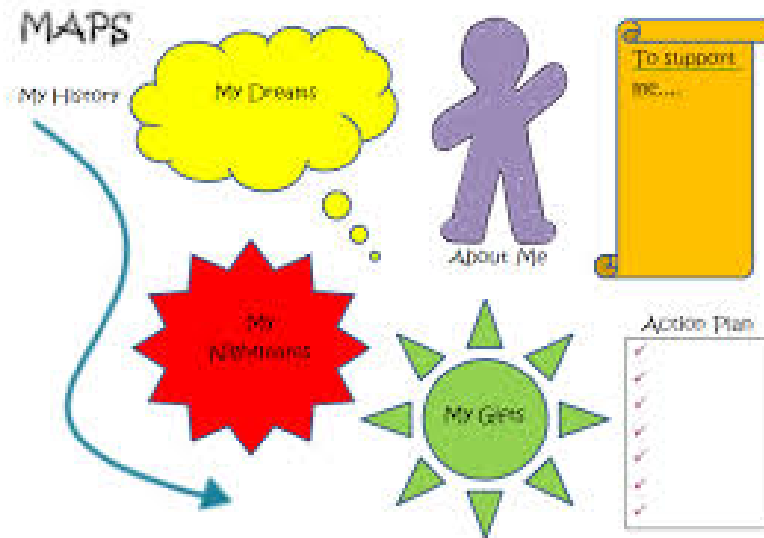
# What is a Person Centered Approach?

- Person Centered Thinking Tools

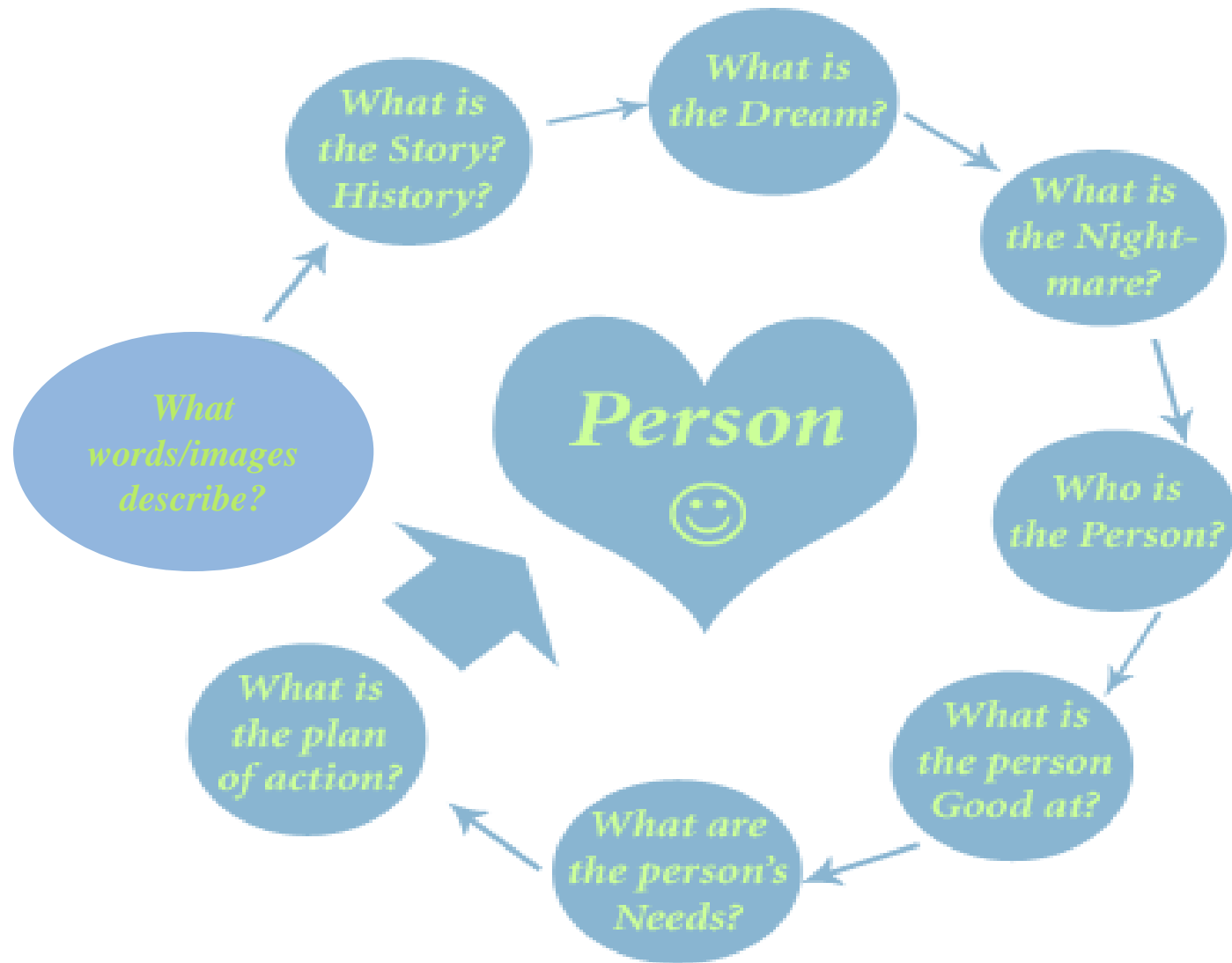


# MAPS

- “McGill Action Planning System”
- A planning style initially developed to integrate children into public schools, now used widely in all settings with all ages
- Facilitator-led process with specific steps and questions.



# MAPS



# Path

- “Planning Alternative Tomorrows with Hope”
  - Begin with a clear appreciation of the person’s gifts
  - Develop a common understanding of a specific positive future
  - Commit to meet regularly to generate ideas and act on them
  - One person must be the “champion of the dream,” the person who pushes to make the dream a reality
  - One agency commits to supporting the implementing of the plan



# Why is it challenging for some professionals to take a Person Centered Approach?

- Challenging for systems to change
  - Funding sources tend to focus on good plans as reflected by “good paper” not necessarily good lives.
  - Organizations skew towards making values fit the rules of the system rather than the rules fit the values



# Why is it challenging for some people to take a Person Centered Approach?

- Takes more time
- Harder
  - Raises uncomfortable issues
  - Have to address our own issues
    - how we define helping
    - with power and control





# Resources

- California Department of Developmental Services:  
<http://www.dds.ca.gov/>
- Helen Sanderson and Associates :  
<http://www.helensandersonassociates.co.uk/>
- Pacer Center: <http://www.pacer.org/>
- Essential LifestylesPlanning/ The Learning Community  
<http://www.learningcommunity.us/elp3.html>

The following source material was also used, with permission, in developing this powerpoint:

- “Person Centered Planning-Why It is Critical for Self Determination,” Sally Burton-Hoyle, Ed. D, Eastern Michigan University