

Keeping the Person At The Center

Listening to the person can change everything

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Selinsgrove Center: John lived here for many years and prefers not to comment, except that “he was not listened to at all.”

Through most of the 1980's-90's John lived in *"a non ambulatory Community Living Arrangement which is stable"* and attended a prevocational training program.

John's Individual Program/Plan of Care included 24 hour supervision with these goals:

1. "John does his exercise routine independently daily..."
2. "John uses a napkin without a reminder."
3. "John will increase his productivity by 10% by the next quarterly review."

His memories include the lack of privacy in the bathroom, living with people he did not know well; and not being paid , so he didn't have money to do the things he liked.

He wanted a home, not a non-ambulatory community living arrangement; and friends, not strangers living together.



John's home in the 1980's



2003: Early person centered Planning results:

1. John moved out of the group home, and into a place of his own.
2. 24 hour “supervision” with licensed home inspections;
3. Continued focus on health and safety; Fire drills in the middle of the night required by his program (no one else in the building had fire drills)
Goals continued around Mobility and addressing limitations

Life Today: Person Centered Planning results:

1. John Being listened To: He now lives in his own apartment, without constant staff presence.
2. Less than 6 hours of support per day
3. No need to license his home
4. Focus on his desires and what he is interested in learning/doing

Today’s John’s outcomes are created with him and reflect what he wants out of life:

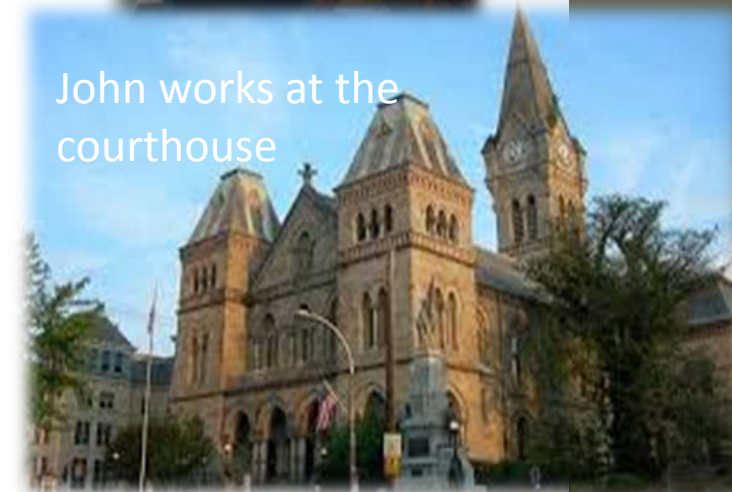
1. “John learns to use the new shredder at the courthouse so that he can be confident at work and earn the money he needs to live in his own apartment.”
2. “John stays connected with friends and family and participates in advocacy so that he continues live independently and contributes to his community.”



John’s Apartment Building



Where John Works



John works at the courthouse

What's Important TO John:

- Staying connected to his family- Celebrating birthdays with his brother and nieces. Carrying lots of pictures of his family and talking to them on the phone
- Being Treated as an equal/respected by others
- Doing things for himself and making his own decisions
- Working and making money –his job shredding at the Courthouse and SASMG, contract work at VT and occasional opportunities to be a Person Centered Thinking Trainer, which he really loves!
- Spending time with his girlfriend Cheryl and friends (David, Bobby and Richard)
 - Going out to eat, Movies, shopping
- Cooking and baking (Pies, waffles)

Desired Activities

- Meeting up with friends he knew from Club Connect
- Summer camp
- Shopping, going out to eat, movies, sporting events, bowling, Outdoor Music Concerts
- Community Events and Self-Advocacy Groups
- Weekend trips, Vacation to FL

John's One Page Profile



What do people like and admire about John?

- Devoted to his family
- Daring and gutsy
- A happy person who makes others smile
- Self Confident
- Helpful
- Devoted to his Work
- Dependable
- Friendly and caring
- Courageous, trustworthy and kind

Important FOR John:

- Feeling safe – for John this means having confidence he can safely evacuate his home in case of a fire
 - Having a wheelchair that folds
 - Carrying ID and contact info in his pack
 - Taking medication as prescribed
- What you need to know and do:**
- John will let you know when he wants to call or visit his family/friends. Help him make the call and arrangements.
 - Accessibility and adaptations (for fine motor tasks) are needed so that he can do as much for himself as possible.
 - Help John look his best but wait until John asks for assistance. (Always assist with getting in/out of shower, washing his hair/back)
 - Sometimes it is hard for other people to understand what John is saying, he is patient and will repeat what he is saying, but may need your help to translate with people that don't know him well.
 - Help John use the stove/microwave as he is afraid of getting burned

John's Electronic ISP: What's important TO him, and desired activities

NEEDS YOU TO REALLY LISTEN AND WORK TO UNDERSTAND HIM. WHEN JOHN IS VERY ILL OR THERE IS AN EMERGENCY, JOHN'S BROTHER JULIUS SHOULD BE CALLED AND INFORMED. HIS NUMBER IS LOCATED AT THE BEGINNING OF JOHN'S PLAN AND KEPT IN JOHN'S PHONE LIST IN HIS BEDROOM AND PROGRAMMED IN LIVINGROOM PHONE.

JOHN ENJOYS OVERNIGHT TRIPS AND VACATIONS. JOHN UNDERSTANDS AND IS OK THAT HE IS RESPONSIBLE TO PAY FOR STAFF'S EXPENSES IF CHOOSES TO TAKE A TRIP.

Desired Activities

What are the activities that the individual would like to participate in or explore? :

JOHN CONTINUES TO ENJOY MEETING UP WITH FRIENDS, GOING TO CAMP OVER THE SUMMER, AND GOING TO WORK DURING THE WEEK. JOHN LIKES GOING SHOPPING, OUT TO EAT, AND TO COMMUNITY ACTIVITIES SUCH AS OUTDOOR MUSIC CONCERTS, ARC EVENTS, AND SELF ADVOCACY GROUPS. JOHN ENJOYS HAVING HIS FAMILY COME OVER TO HIS APARTMENT TO VISIT. JOHN IS ALWAYS READY TO LEARN MORE ABOUT SUB-CONTRACT JOBS AS THEY BECOME AVAILABLE AT SKILLS VTI. JOHN EXPRESSED AN INTEREST IN PRACTICING LABELING JOBS. JOHN ENJOYS HIS JOB PAPER SHREDDING AT THE COURTHOUSE AND SASMG. SUPPORT STAFF ARE ALWAYS LOOKING AT OPTIONS FOR JOHN FOR DAY OR WEEKEND TRIPS. HE IS SPENDING MORE TIME WITH HIS FRIENDS IN THE APARTMENT BUILDING BOTH IN THEIR APARTMENTS AND THE COMMUNITY ROOM. HE ENJOYS THE INCREASED TIME ALONE.

Important To

Important to Individual:

FEELING SAFE

Priority:

Essential

Important to Individual:

SELECTING HIS OWN CLOTHES TO BUY AND WEAR

Priority:

Strongly Desired

Important to Individual:

BIRTHDAYS WITH FRIENDS AND FAMILY-LIKES PRESENTS, CAKE AND ICE CREAM

Priority:

Essential

Important to Individual:

PHONE CALLS FROM HIS FAMILY AND CHERYL AND JOHN MAKING CALLS TO THEM

Priority:

Strongly Desired

Important to Individual:

HOLIDAYS-NICELY DECORATED HOME AND DRESSING FOR A PARTICULAR HOLIDAY

Priority:

Strongly Desired

Important to Individual:

CAMERA-ABLE TO TAKE PICTURES ON SPECIAL OCCASSIONS AND HOLIDAYS

Priority:

Strongly Desired

Important to Individual:

PEOPLE NOT SMOKING AROUND HIM

Priority:

Strongly Desired

Important to Individual:

NEEDLE CRAFT (AT WORK DURING DOWNTIME)

Priority:

Strongly Desired

Important to Individual:

SLEEPING IN ON SATURDAYS

Priority:

Strongly Desired

Important to Individual:

As John's life has changed...

- It was a direct result of people listening to him
- His relationships with friends, family and Cheryl have gotten stronger
- The amount of paid and formal support has decreased
- He is invited to more events
- His health has remained exactly the same as it was ten years ago
- The cost of his support has decreased
- His satisfaction with day to day life has increased