Administration for Community Living:

Putting the Person at the Center: Integrating Plans for Long-Term Services and Supports and Health Care Delivery through Health IT

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Person Centered Planning: one way to describe it

... is grounded in demonstrating respect for the dignity of all involved...seek to discover, understand and clearly describe the unique characteristics of the person, so that the person:

- Has positive control over the life he/she desires and finds satisfying;

- Is recognized and valued for their contributions to their communities (past, current and potential); and

- Is supported in a web of relationships, both natural and paid, within the desired community/neighborhood

Person Centered Thinking

Core Values

Language

Decisions and Actions

Results and Reactions
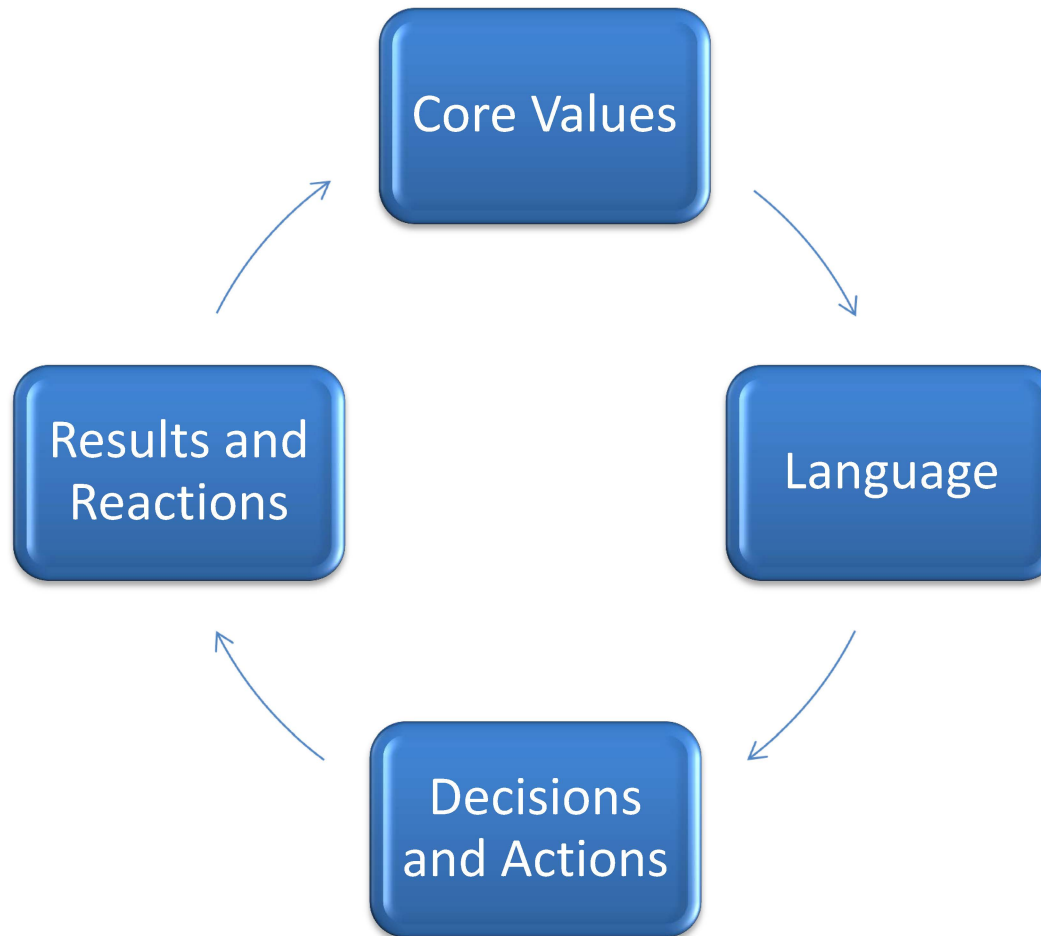
Leads to a Person Centered System

The Integration

Person Centered Planning, without person centered thinking throughout the system, results in better paper or files, but not necessarily better lives.

It begins with learning how people want to live their life: What's Important **TO**

What is important to a person includes what results in feeling <u>satisfied</u>, <u>content</u>, <u>comforted</u>, <u>fulfilled</u>, and <u>happy</u>.

- Relationships (People to be with)

- Status and control (valued role)

- Rituals & routines (cultural and personal)

- Rhythm or pace of life

- Things to do and places to go (something to look forward to)

- Things to have

Within that context, Important FOR is addressed

What others see as necessary to help the person

- Be valued (social rules, laws)
- Be a contributing member of their community (citizenship)

Issues of health

- Prevention of illness
- Treatment of illness/medical conditions
- Promotion of wellness (diet, exercise, sobriety)

Issues of safety

- Environment
- Well being (physical and emotional)
- Free from fear (threats, abuse)

Health & Safety Dictate Lifestyle

- Health & Safety
- Valued Social Role

All Choice
No Responsibility

Important For

Important To

- People
- Status &Control
- Things To Do
- Routines

Balance

Important For

Important To

- Health & Safety
- Valued Social Role

- People
- Status &Control
- Things To Do
- Routines

Good person centered planning that is well implemented eliminates many behavioral challenges and diminishes risk, especially when linked with positive interventions

But

Those who write and implement plans must avoid the trap of "either/or" that is:

happy _or_ safe.

A Good person centered plan assures BOTH/AND

Both Happy AND Safe

Choice has Boundaries But Options Must Be Desirable

Boundaries we all live with:
- ✓ Imposed by society: laws, expectations, rules/roles
- ✓ My values: What is and is not acceptable to me and those I trust
- ✓ Ripple effect: One choice influences other choices my relationships, the work I do, where I live
- ✓ Resource Driven: finances, time available

Options must be from among things people find desirable.

What happens when the boundaries exist due to efficiency of the system but limit choices which would meet the person's desires: – operating hours, staff available, policies or procedures, time available?

Key Elements of LTSS Person Centered Plan:

- Person and their loved ones determine what is most important

- Purpose is to describe abilities, strengths and desires and use those to first identify or create, then maximize, opportunities and natural supports

- Risks are seen as opportunity to learn and are managed, not mitigated

- Choice is from equally desirable options with clear limits

- Outcomes reveal the desired future as described by the person and link the preferences with the needs.

- Goals focus on what it will take for the person to see progress towards outcomes.

What does this mean for Health IT?

- The record must start by honoring and describing the abilities, capabilities and strengths of the person

- Plan outcomes must link to the person's desired life and what is important TO the person

- The context of the person's life drives options and informs choice

- The entire support system must think in terms of integrating person centered practices – beyond just planning

- The person and their loved ones have access to all information and the ability to change what is prioritized.

- When developing an IT system, must start with the guiding principles which have to be upheld throughout the design

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