




Life Services Alternatives

Person-Centered Planning
in a Group Home Environment




Overview

- Locally founded in 2002 to provide community living services for people with special needs
- Three Rivermark homes (2004)
- Five 962 homes (2007-2009)
- Cypress (2013)
- Community Integration Training Program (Sept. 2013)
- Humbolt (2014)
- Jordan-Bennett (2015)
- \$10 Million Annual Budget



Our Mission

Life Services Alternatives provides exceptional community living and programs for adults with disabilities.



Introduction

Life Services Alternatives (LSA) believes all people with developmental disabilities have the right to live life to its fullest in our community.

Personalized programs focused on skill-building, enabling them to reach their true potential.





Rivermark – 3 homes
810, 830 & 840 Agnew Rd.

Cypress
455 N. Cypress Ave.

Humbolt
3121 Humbolt Ave.

Jordan-Bennett
805 Cambrian Dr.




ARFPSHN (962) Homes
1320 S. Baywood
649 Empey Way
895 McKendrie Street
441 North Milton Ave.
1173 Salerno Ave.



What is Person-Centered Planning?

Person-Centered Planning is a process and approach to learn about things that an individual:

- Wants to do in the future (hopes and dreams)
- Likes to do (preferences)
- Does well (strengths and capabilities)
- Chooses to do in the next year or so (goals)
- Will need help with to get from here to there (services and supports)
- May think will get in the way (barriers)



What is Person-Centered Planning?

In short, person-centered planning is an approach to determining, planning for and working toward the preferred future of, and for the individual.



Person-Centered Planning and the IPP

The Lanterman Act requires that an Individual Program Plan (IPP) be developed for every individual.

Person-centered planning goals are integrated into the IPP.





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Key Elements of Person-Centered Planning

- People important to the individual are included in planning and help make informed decisions.
- Routines, supports and services are based upon their interests, preferences, strengths, capacities and dreams.
- Activities, supports, and services help individuals develop personal and community relationships.
- Individuals use, when possible, natural and community supports.



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Key Elements of Person-Centered Planning

- Meaningful choices are based on their experiences
- Planning is collaborative, recurring, and ongoing.
- Opportunities and experiences are maximized.
- Individuals are satisfied with their activities, supports, and services.
- Individuals are empowered



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Approaching Person-Centered Planning

<p>Community Presence and Participation: How can we increase the presence of a person in local community life?</p>	<p>Promoting Choice: How can we help people have more control and choice in life?</p>
<p>How can we cultivate and deepen the individual's relationships, friendships?</p>	<p>Valued Roles: How can we enhance the reputation people have and increase the number of valued ways people can contribute?</p>
<p>Increase Independence: How can we assist people to develop more competencies and contribute their unique gifts?</p>	



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Person-centered thinking challenges us to discover and invent a personal dream for people, to craft a pattern of living that increases people's participation and belonging in community life.





Considerations for Individuals who are non-communicative

- An on-going assessment
 - meal time, outings, leisure, free time.
 - interpretation of body language, gestures, behaviors and patterns.
- Assumptions
- We are their voice



LSA and PCP

Each quarter, goals established in the following focus areas are reviewed:



HOME – PERSONAL CARE – RIGHTS
HEALTH – FITNESS - NUTRITION
PERSONAL GROWTH
RECREATION – FRIENDS – LIFE OUTSIDE THE HOME

The focus areas are part of an ongoing observation, input and assessment process.




LSA and PCP


HOME – PERSONAL CARE – RIGHTS




LSA and PCP

HEALTH – FITNESS - NUTRITION





LSA and PCP
PERSONAL GROWTH




LSA and PCP
RECREATION – FRIENDS – LIFE OUTSIDE THE HOME




Utilizing Consultation Hours


- PT
- OT
- RT
- SP Therapy
- BCBA
- Psychologist
- Dietician




Takeaway

Successful Person-centered planning focuses on the following:

- **Personal Goals:**
 - HOME – PERSONAL CARE – RIGHTS
 - HEALTH – FITNESS - NUTRITION
 - PERSONAL GROWTH
 - RECREATION – FRIENDS – LIFE OUTSIDE THE HOME
- **Ongoing:** Observation, input and assessment process
- **Utilization of Consultation Hours**



Questions?



Contact Information

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Sources

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