



MD Community of Practice for Supporting Families Webinar Series

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Webinar #9 – September 16, 2020

*Expectations Matter*  
*My Life, My Choice, My Plan: The Basics*



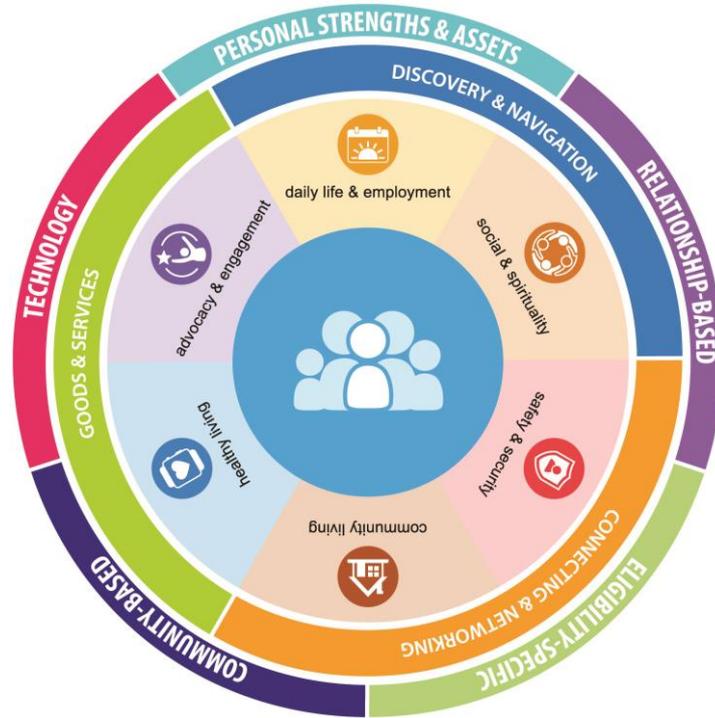
Hosted by the Developmental Disabilities Administration

Facilitated by Mary Anne Kane-Breschi

*Director of Family Supports*



# CHARTING the LifeCourse

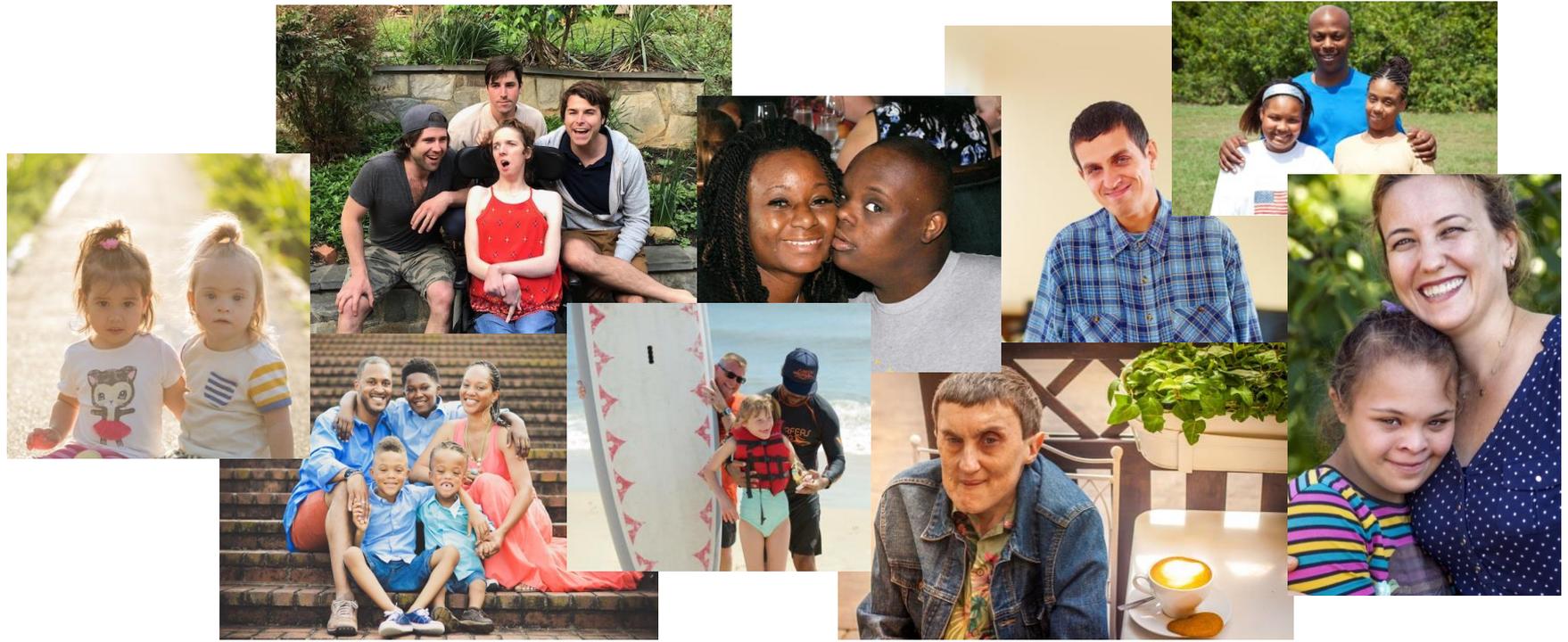




Focusing on the “Why”

# All People

Have the right to live, love, learn, work and play and pursue their aspirations in their community.





# Special Guests

**Mel Smith,**

Self - Advocate

**Babette Smith ,** Parent

Owner of Intentional Support, LCC,  
Support Broker

**Gail Godwin, MA,**

Shared Support Maryland, Inc.  
Executive Director



**Maryland Developmental  
Disabilities Council**

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Maryland, Inc.**

# Expectations Matter

## My Life, My Choice, My Plan

**Maryland Community of Practice for Supporting Families**

Person-Centered Planning Training ~ The Basics

September 16, 2020

Shared Support Maryland, Inc.

Funded by the Maryland Developmental Disabilities Council



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# Welcome

- Introduction to Training
- Introductions to each other
- What we mean by “You.”

Welcome

A



B



C



D



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E





**Expectations Matter**  
**My Life, My Choice, My Plan**  
**1 Hour Module**

**History of Person-Centered  
Planning and Human Rights**

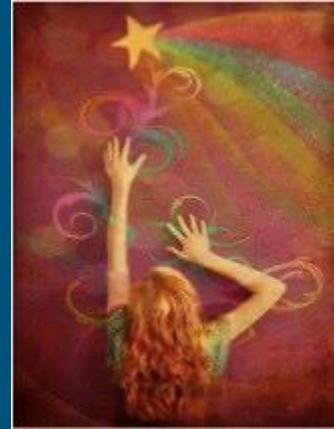


# Basic History of Person-Centered Planning

- Services: often based on disability, not people
- Plans written by people who may not have known the person
- Families were not involved
- People did not have rights or choices

# Person-Centered Planning

- Directed by you
- Develops a plan for now and the future about what's important:
  - Can be changed
  - Parts of your life you want
  - Shows that you own it
  - Others may offer to help and should do what they offer to do



## You have the Power

- You are involved and in charge
- Family is involved and may be in charge
- You have the right to privacy and confidentiality in your plan.

## You control timing

You choose how long and how often you meet in your planning process.

## Support and Self-Advocacy

- You can lead your plan
- You can have help / someone else can lead
- You can have training to help you advocate
- You have the right to Supported Decision Making (someone you trust helps you make a decision).

# Communication

Every single person in  
the world  
communicates

Because I cannot  
speak does not mean I  
have nothing to say...





# Expectations Matter My Life, My Choice, My Plan

Pre Planning:  
Before the Meeting  
Exploration and Discovery



# Choosing Your Team



You choose who is on your team!

- Who knows you best?
- Advocate *with* you
- Paid support can be invited/uninvited

# Different Team Members

Different kinds of people can help you access different resources. You may invite different people at different times to help you do the things you want

- Coordinator (CCS) or Supports Planner
- Individual Education Plan (IEP) Coordinator
- Job Developer / Job Coach
- Support Broker
- Program Managers
- Realtor: could help you find housing or buy a house
- Web developer: could help you make a website for a hobby or business
- A neighbor or friend who has a hobby that they can teach you
- Others

# The Person-Centered Way

- Take as much time as you need
- You can begin to work on answers
- You can sit down to talk and think ahead of time

# Access to the Planning Process

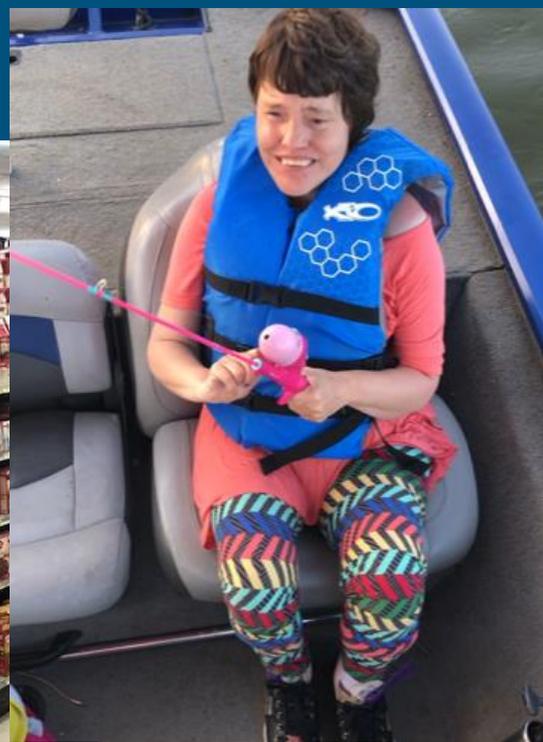
- You may need time
- Disability or something else may affect people differently
- You and your team can make sure the planning process will be easy to understand



# Agenda and Preparation Checklist

## Why?

- So you know what you're going to cover
- So you can keep track of where you are
- So you don't miss anything





# People Who Can Help



- Your Coordinator of Community Service or Supports Planner
- Your Support Broker
- Provider Agency Staff
- Advocacy Organizations
- DDA Regional Office
- IEP Chair

# Rules and Guidelines

- Something that everyone can stick to
- Keeps you on track
- Keeps everyone on the same page

# Deciding where to have your meetings:

Plan in places where you are most comfortable to be yourself

- at your job,
- in your home instead of someone else's office
- during dinner,
- at your place of worship,
- or at your local park.



# Pre-Planning REVIEW

- You are in control of your dreams!
- Your team exists to support you!
- Brainstorming helps everyone!

Create a quick agenda that you might use for your own Person-Centered Planning Meeting.



# Expectations Matter: My Life, My Choice, My Plan

The Annual Planning Meeting  
and Process



# Purpose of a Planning Session

## Purpose:

- To talk about your strengths and talents
- To decide how you want to live your life
- To assist you with choice making
- To listen to what you want to communicate
- To acknowledge and support your choices, interests, dreams, and visions

# Ways to Keep Your Meeting on Task

- Use your agenda
- Parking Lot/Space
- Talking Stick
- Group Work



# Planning and Reviewing

It is necessary to review what is important to you.

What's keeping you from doing the things you want?

And what can your team do to help you with them?



# Time Frames: Not 1 Hour or 1 Year to Plan

- The planning is guided by your time
- Multiple meetings may need to be set up



# Developing Your Action Plan

- Share what you want to happen
- Describe the action steps
- What resources and plans of support can help?
- What do you need that you don't have?
- Who do you need as a resource?
- Identify who will help you.
- How will the team check in to see what you need?
- What are the timelines?
- How will you know the goal has been accomplished?

## Technology

iPad,  
Picture phone  
iPad apps  
TV  
DVD/VCR Player  
Karaoke Machine  
Portable music/speaker system  
Adaptive mouse & switch  
Microphone  
Portable DVD player  
Electric toothbrush  
Automatic doors on van  
Debit card  
Relay Emergency Button

## Strengths & Assets

Makes choices & decisions,  
Communicates verbally & some signing  
Good social skills & manners,  
Practices everyday living skills  
Positive attitude, Likes trying new things  
Great memory, Likes learning, Cooking skills, Likes interacting with others

## Relationships

Parents  
Sisters  
Brother-in-law  
Nephew  
Grandparents  
Other family  
Suzanne  
Friends  
Neighbors  
Friends of family

Mel  
36 Yrs.Old

Volunteering  
Expectations Matter Co-Trainer  
Personal Shopping / Errands  
Massages  
Hair/nail salon  
Bowling alley  
Library  
Browninging's  
Parks-camping & fishing  
Church/bible study  
Outdoor activities  
Ronald McDonald House pop tab collective

## Community Resources

Community Pathways Waiver  
SSI  
Maryland Medicaid  
Personal Care Providers – Nellie & Staci  
Pharmacy  
PT  
OT  
Dr. Miller / Lisa Scott  
Dr. Jason  
Dr. Powell  
Support Broker

## Eligibility Specific Supports

# My Employment Outcome (Example)

STEPS: Jack will submit employment applications weekly.

Resources: One Stop Center, Job Club, Integrated Star

PROGRESS: Jack will receive a letter, offering him a job.

Jack will get a job working as a stock clerk at a grocery store near his house.

```
graph BT; A[Jack will get a job working as a stock clerk at a grocery store near his house.] --> B[STEPS: Jack will submit employment applications weekly.]; A --> C[Resources: One Stop Center, Job Club, Integrated Star]; A --> D[PROGRESS: Jack will receive a letter, offering him a job.]
```

# How to Make Sure Your Plan Works for You

- Make sure your plan reflects what YOU said you needed and wanted

# Planning Process REVIEW

Create an action plan for something that you'd like to accomplish.



# Expectations Matter My Life, My Choice, My Plan

Post-Planning:  
After the Meeting



# A Clear Plan Forward



- You decide when each task needs to be completed
- Make sure timelines are reasonable
- It is important that everyone does their best to follow the timelines

# Changing Your Plan

- The plan should always reflect you
- Day to day life changes
- A plan can be changed at any time!

## How to Change Your Plan:

- Talk to the team!
- Your CCS or Supports Planner may need to make changes

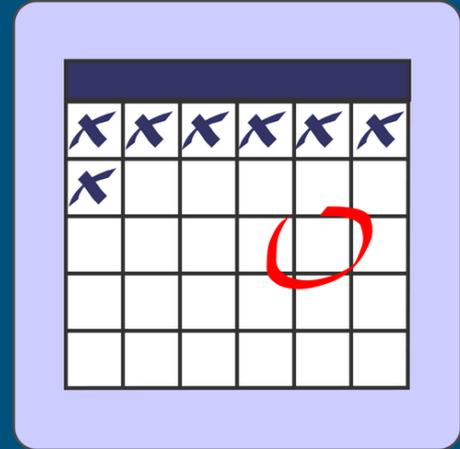
# Accountability and Staying on Track

- Tools can be used to help stay on track
- You don't have to do this alone!

**Calendars** - send reminders

**Keep in Touch** - use mail, phone, Internet

**Keep Notes** - spreadsheets and notes can be used to keep track



## Problem with a team member?

- Someone not communicating? You (or an advocate) should talk to them!
- Nervous or unsure?
  - you can write a letter/email,
  - call on the phone,
  - or ask for assistance from a friend.



# Who Can Help?

- Centers for Independent Living
- DDA Advocacy Specialist
- Quality Trust and Project Action
- Disability Rights Maryland
- Department of Rehabilitative Services
- And so many more

# Post-Planning REVIEW

How can you keep members of your team accountable?

You own your plan and control  
the process!

Questions?



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Shared Support Maryland sincerely thanks the Maryland Developmental Disabilities Council for the grant award making this training opportunity possible! Thank you Mary Anne, the DDA and the CoP for Supporting Families for this opportunity!!





# Additional Resources for Person Centered Planning

## Technology

### MD Technology Assistance Program

<http://mdod.maryland.gov/mdtap/Pages/MDTAP-Home.aspx>

### Connect with Team Members using...

- ZOOM Call/Web Conferencing
- Google Hangouts
- Messenger
- Portal
- Facebook etc.

## Community Based

### Charting the LifeCourse (CtLC) Learning Tools

<https://www.lifecoursetools.com/life-course-library/foundational-tools/person-centered>

### Other Person Centered Planning Tools

- [Circles of Support and Circles of Friends](#)
- [Essential Life Planning](#)
- [Group Action Planning \(GAP\)](#)
- [Making Action Plans \(MAPs\)](#)
- [Personal Future Planning \(PFP\)](#)
- [Planning Alternative Tomorrows with Hope \(PATH\)](#)

## Eligibility Specific

### MD Developmental Disabilities Administration (DDA) Person Center Planning

[https://dda.health.maryland.gov/Pages/Person-Centered\\_Planning.aspx](https://dda.health.maryland.gov/Pages/Person-Centered_Planning.aspx)

[Maryland's Long-Term Services and Supports Person-Centered Plan Overview](#)

[PCP CCS Guide](#)

[PCP Summary and Outcomes](#)

[PCP Focus Area Exploration](#)

[Maryland's Person Centered Plan Video Trailer](#)



Thank You for Joining Us!

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We Hope You Can Join Us on ***September 30th***  
at ***Noon*** for Our Next Webinar:  
***Electronic Visit Verification***