



Families Planning Together for Now and the Future

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Texas Department of State
Health Services

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The Learning Community

for person centered practices

The Learning Community for Person Centered Practices

envisions a world where all people have positive control over the lives they have chosen for themselves. Our efforts focus on people who have lost or may lose positive control because of society's response to the presence of a disability. We foster a global learning community that shares knowledge for that purpose.

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Person Centered Thinking Introduction

Person Centered Thinking

- Underlies and guides respectful listening which leads to actions, resulting in people who:
 - Have positive control over the life they desire and find satisfying;
 - Are recognized and valued for their contributions (current and potential) to their communities; and
 - Are supported in a web of relationships, both natural and paid, within their communities

Person Centered Thinking Skills Are:

- A set of skills that reflect and reinforce values that:
 - Propel the learning cycle
 - Help us support rather than fix
 - Work for humans
 - Work at every level in the organization
 - Build the culture of learning, partnership, and accountability
 - Affirm our belief that everyone can learn

Think Purpose First

TO HELP PEOPLE HAVE BETTER LIVES,
NOT JUST BETTER PAPER

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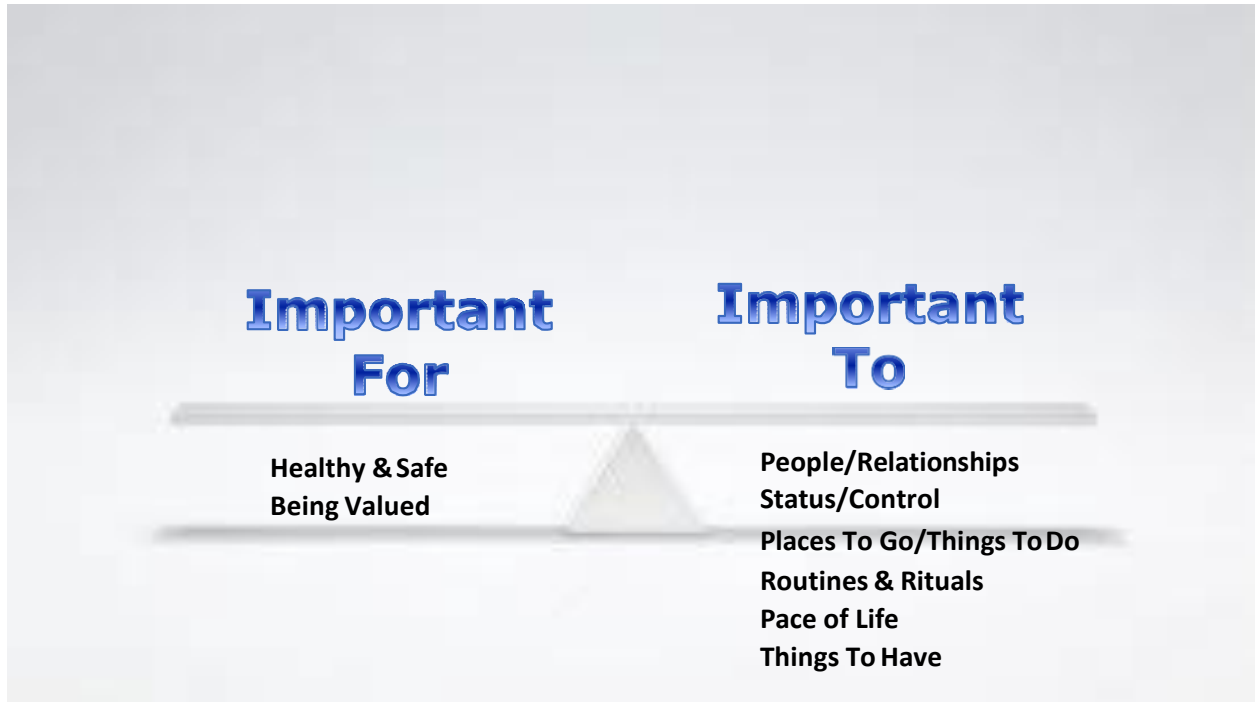
A Core Concept and a Core Skill
Balancing Important **to** and Important **for**

Important TO	Important FOR
<p>What is important to a person includes those things in life which help us to be satisfied, content, comforted and happy. It includes:</p> <ul style="list-style-type: none"> • People to be with/ relationships • Things to do • Places to go • Rituals or routines • Rhythm or pace of life • Status & control • Things to have <p>It includes what matters most to the person – their own definition of quality of life.</p> <p>What is important to a person includes only what the person “says”:</p> <ul style="list-style-type: none"> • with their words • with their actions <p>When words and actions are in conflict, listen to action. Ask why?</p>	<p>What is important for a person includes:</p> <p>Issues of health:</p> <ul style="list-style-type: none"> • Prevention of illness • Treatment of illness / medical conditions • Promotion of wellness (e.g.: diet, exercise) <p>Issues of safety:</p> <ul style="list-style-type: none"> • Environment • Well being - physical and emotional • Free from Fear <p>What others see as necessary to help the person:</p> <ul style="list-style-type: none"> • Be valued • Be a contributing member of their community

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The Balance Between Important To and Important For



What is Important To a person is based on what they say with their words and/or behaviors. When words and behaviors are in conflict we need to pay attention to the behaviors and ask WHY.

Important To and Important For Are Connected

- Important to and important for influence each other
- No one does anything that is “important for” them (willingly) unless a piece of it is “important to” them

Balance is dynamic (changing) and always involves tradeoffs:

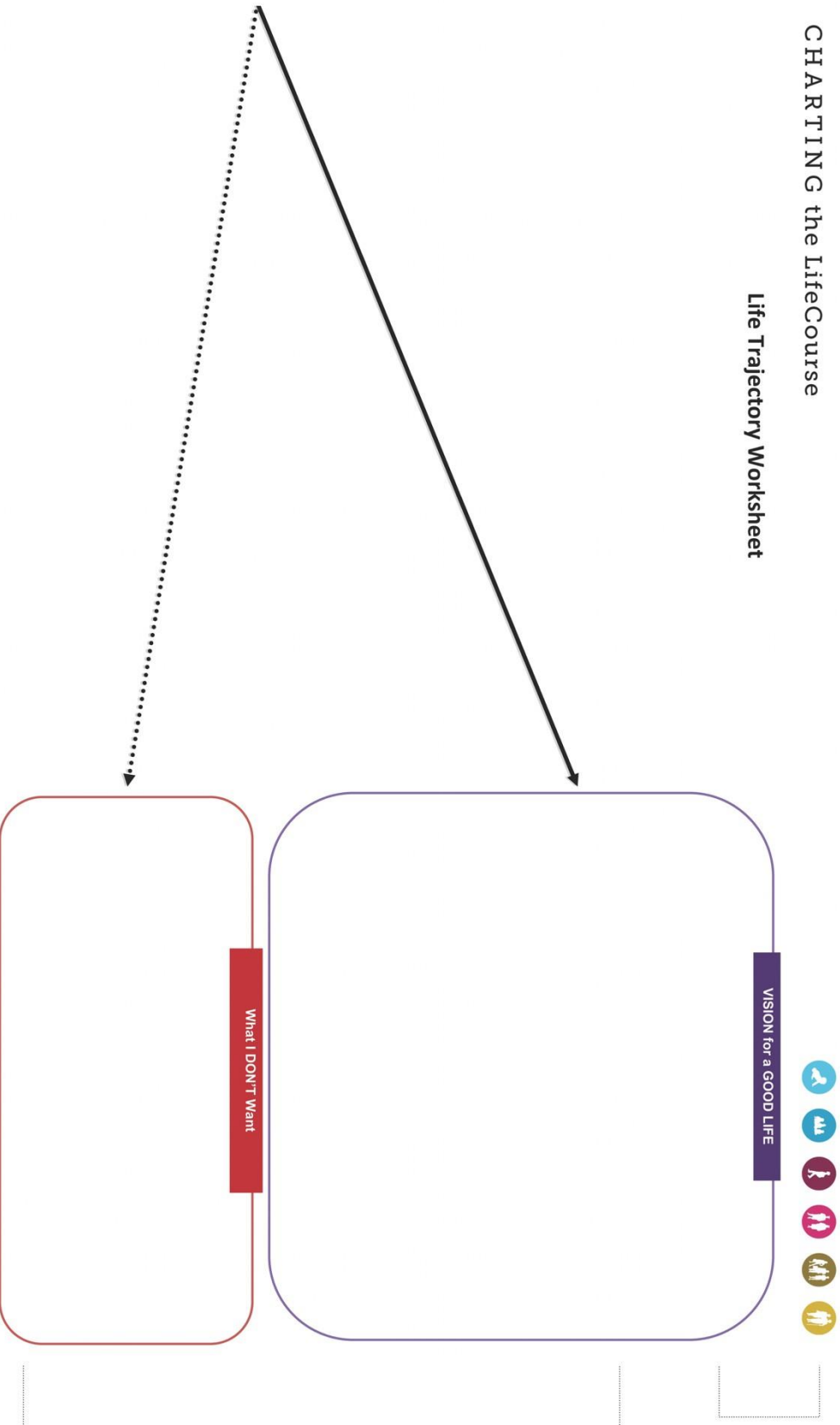
- Among the things that are “important to”
- Between important to and for

It is not about being Happy *OR* Healthy, Satisfied *OR* Safe.

It is about being Happy AND Healthy, Satisfied AND Safe

CHARTING the LifeCourse

Life Trajectory Worksheet



_____'s One Page Description

For Medical appointments

What People Like and Admire about ____

Inse
rt
Pho
to
Here

How to best support

What is Important to



<https://www.lifecoursetools.com/>

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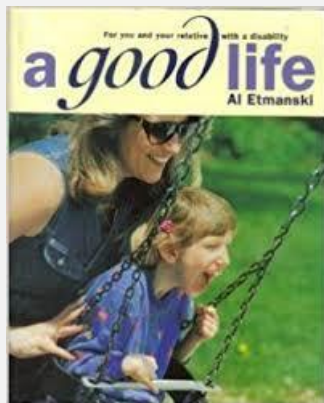
 An Anthem Company				
				

Resources to Help

- National Center on Advancing Person-Centered Practices,
 - [Instructions for Developing a Health Care Person-Centered Profile](#) **Includes examples!**
 - [Health Care Information and Health Care Person-Centered Profile](#)
- Disability Rights Texas [COVID – 19 Disability Hospital Form](#)
- Charting the Life Course, [Trajectory for a Good Life](#)

Resources to Help

Based on work by families in Canada who developed the model for Personal Support Networks



Topics Include:

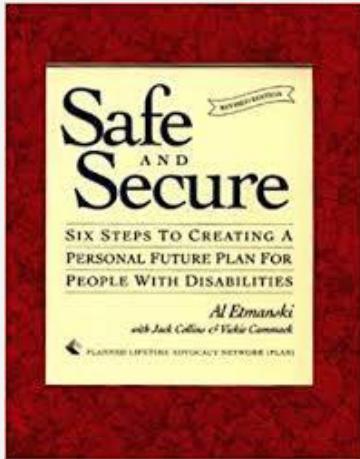
- Sharing your vision
- Building relationships
- Creating a home
- Ensuring choices
- Wills & estate planning
- Securing your plan

With multiple worksheets, too.

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Resources to Help



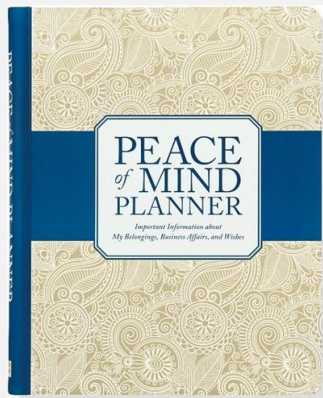
Topics Include:

- Clarifying Your Vision
- Building Relationships
- "Controlling" the Home Environment
- Developing Your Will and Estate Plan
- Securing Your Plan

Worksheets:

- Clarifying Your Vision
- A Family Portrait
- A Letter to the Future
- The Web of Friendship
- Your Summary Checklist

Resources to Help



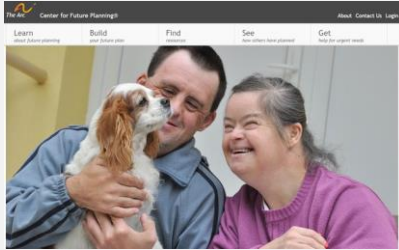
Areas addressed include:

- Medical Information
- Key Contact Information
- My Dependents
- Important Documents
- Financial Information
- Information for Beneficiaries
- My Pets
- What to Pay, Close, & Cancel
- Email and Social Media And more...

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The Arc: Center for Future Planning



Website includes:

- Person-Centered Planning Tool
- Personal Stories
- Educational Webinars
- Newly Added Resources

<https://futureplanning.thearc.org/>



Charting the LifeCourse



<https://www.lifecoursetools.com/>

Thank you!

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Texas Department of State
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