Why a Webinar Series on Person-Centered Planning?

- Want to connect waitlist families to resources and support OUTSIDE DSPD that can be accessed while waiting
- Provide information and practice on Person-Centered Planning, as it is a core element for those receiving DSPD services
- Focused on the needs and wants of the person
- Allows control over their own life by directing the process to the extent they can
- Shown to have positive outcomes
Person-Centered Planning Tools for Support

● One-Page Profile
● Charting the LifeCourse tools
  ○ Life Trajectory
  ○ Life Domain Vision Tool
  ○ Integrated Supports Star
  ○ Tool for Supported Decision-Making
● Relationship Map
● Good Day/Bad Day
Webinar Series Format

- Webinar to provide information
- 2 weeks later - Drop-in Session to get questions answered, 1:1 support, etc.
- 4 Total Webinars
- 4 Drop-in Sessions
- Option to continue after 4 planned sessions

- Upcoming Drop-In: March 22 10:00-11:00 AM
- Future Webinar Dates
  - April 12 with a drop-in on April 26
One-Page Profile

- Templates can be found online and the DSPD Person-Centered Planning page
- Can use written words, pictures, icons, symbols
- Can be used multiple ways
Trajectory Worksheet for Exploring
Trajectory Worksheet for Planning

**Past Life Experiences**
List past life experiences and events that have supported your vision for a good life.

**Moving Forward**
List current or future life experiences or goals that will continue to support your good life vision.

**Vision for What I Want**
List what you want your “good life” to look like.

**What I Don’t Want**
List the things you don’t want or what is NOT a “good life.”

Developed for the Creating the Life Course: http://LifeCourseBites.com
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LifeCourse Framework

Our Core Belief: All people have the right to live, love, work, play, and pursue their own life aspirations.

- Focuses on ALL people
- Within the context of family and community
- Across the lifespan and life domains
- Achieving life outcomes
- Integrated services and support
- www.lifecoursetools.com
Charting the LifeCourse

Invites you to consider resources in 5 different categories

Integrated Supports Star
Integrated Supports Star

Five Areas of Support
- Personal Strengths and Assets
- Relationships
- Eligibility-Specific Supports
- Community Resources
- Technology

Developed by the UMKC Institute for Human Development, UCEED, July 2016
How to Use the Integrated Supports Star

- Can use pictures and icons
- Use for a specific purpose – respite, employment, problem-solving
- Use for implementation of goals
- Use to organize resources
- Divide into have and need now
- Divide into now and future
Respite “Starter” Star

Starter Stars offer prompts to help complete the Star for your loved one.

Not an inclusive list - just some ideas to get the conversation started.

This and other Starter Stars are available at LifeCoursetools.com for free download.
Split Support Star

- Fillable PDF
- Splits each category in half
- Can use for now and future, or have and need
Check In and Challenge

- How might the Integrated Supports Star help you and your loved one connect to your community?

- What concerns do you have about filling it out?

Challenge: Complete an Integrated Supports Star with your loved one.
Relationship Map

Identify family, friends, and support network for the person
Relationship Map

Identify those in your “circle”

- Family Members Involved in My Life
- People and Organizations That Support Me at Home
- People and Organizations That Support Me at Work, School, Training
- Friends
How to Use the Relationship Map
Sample Relationship Map

1. Write the person’s name in the center
2. Write the names of other relationships on the map - more important roles closer to the person. Put names in applicable areas. Some may be in more than one place.
3. Look for patterns, themes, holes
4. Brainstorm ways to fill in gaps
Another Sample Relationship Map

Helpful to use before a Person-Centered Planning Meeting to determine who the individual would like to have attend.
Check In and Challenge

- How might the Relationship Map help you and your loved one expand your circle of support?
- What concerns do you have about filling it out?

Challenge: Complete a Relationship Map with your loved one.
Questions?
DSPD Intake Information

Explanation of the DSPD intake process and link to apply online available at: [https://dspd.utah.gov/intake-process/](https://dspd.utah.gov/intake-process/)

or call 1-844-275-3773 and choose the "Apply for Services" option to speak with an intake worker

*Spanish speaking intake workers are available
Coming Up …

Drop in Session - March 22, 2022 from 10-11 am via ZOOM
Next Webinar - April 12 with a drop-in April 26

For questions on Charting the LifeCourse tools:
Contact Lisa Wade (801) 272-1051 lisa@utahparentcenter.org or
Aubrey Snyder aubrey.snyder@usu.edu