

PERSON-CENTERED PLANNING AS PART OF CALIFORNIA'S SELF-DETERMINATION PROGRAM

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Self-Determination Local Advisory Committee

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PERSON-CENTERED PLANNING

Required by:

- The Self-Determination Law
- The Affordable Care Act
- The new settings rules for Home and Community-Based Services Waivers

THE SELF- DETERMINATION LAW

The Self-Determination Law states: 4685.8. (a) The Department shall ensure:

- (C) Comprehensive person-centered planning, including an individual budget and services that are outcome based.
- (D) Consumer and family training to ensure understanding of the principles of self-determination, the planning process, and the management of budgets, services, and staff.
- (E) Choice of independent facilitators who can assist with the person-centered planning process and choice of financial management services providers vendored by regional centers who can assist with payments and provide employee-related services.

AFFORDABLE CARE ACT GUIDELINES

- Section 2402(a) of the Affordable Care Act requires all states receiving federal funds to develop service systems that are responsive to the needs and choices of beneficiaries receiving home and community-based long-term services (HCBS), maximize independence and self-direction, and provide support coordination to assist with a community-supported life.

NEW HCBS RULES BY CENTERS FOR MEDICAID SERVICES

Service planning for participants in Medicaid HCBS programs must be developed through a person-centered planning process that addresses health and long-term services and support needs in a manner that reflects individual preferences and goals.

The rules require that the person-centered planning process is directed by the individual with long-term support needs, and may include a representative whom the individual has freely chosen and others chosen by the individual to contribute to the process.

The process must result in a person-centered plan with individually identified goals and preferences.

This planning process, and the resulting person-centered service plan, will assist the individual in achieving personally defined outcomes in the most integrated community setting, ensure delivery of services in a manner that reflects personal preferences and choices, and contribute to the assurance of health and welfare.

ESSENTIAL FEATURES OF PERSON-CENTERED PLANS

According to CMS, Person-Centered Planning ...

- is driven by the individual
- provides necessary information and support to the individual to ensure that the individual directs the process to the maximum extent possible
- is timely and occurs at times/locations of convenience to the individual
- reflects cultural considerations/uses plain language
- includes strategies for solving disagreement
- offers choices to the individual regarding services and supports the individual receives and from whom
- provides method to request updates
- Is conducted to reflect what is important to the individual to ensure delivery of services in a manner reflecting personal preferences and ensuring health and welfare
- Identifies the strengths, preferences, needs (clinical and support), and desired outcomes of the individual

WHAT MAKES A MEANINGFUL PLAN?

A person-centered plan is not about services and funding; it's first about dreams and goals (some will require funding and services and some will not) want to spend more time with grandfather and spend more time at the library – none of these cost any money!

**It's not about what's available...
it's about what's possible!**

WHO LEADS A PERSON-CENTERED PLAN?

- The participant can hire an Independent Facilitator to assist them and their family with the person-centered planning and IPP processes.
- The I.F. can advocate and negotiate at IPPs and with service providers.
- The I.F. is paid from the Individual Budget.
- If the participant elects not to use an independent facilitator, he or she may use their regional center service coordinator to lead their person-centered plan.

VALUES OF PERSON-CENTERED PLANNING

- **Presume competence** – Each individual can direct the planning process, achieve goals, and build a meaningful life.
- **Behavior is communication** – Every individual can express preferences and make choices that should be honored.
- **Respect cultural diversity** – An individual's cultural background should be recognized and valued.
- **Maintain health and safety** throughout life, changing with circumstances.
- **Support individuals** to live where and with whom they want – The individual defines who is their community.

PRE-PLANNING

A Pre-Planning Meeting with your Independent Facilitator will help you get familiar with one another, make some important decisions, and gather important information. Questions to address in pre-planning might include:

- Who are the important people in your life who you want to invite to participate in your person-centered planning meeting?
- When and where will your person-centered planning meeting take place?
- What role do you want to have in your meeting? Who will take a lead in gathering information during the meeting?
- Which person-centered method will be used to develop your person-centered plan?
- It can also be helpful to work with your Independent Facilitator to develop a personal history, life story or personal description that includes your description of your hopes, fears, dreams and personal preferences. You can have others who know you well contribute to this information if you'd like.

WHAT HAPPENS AT THE PLANNING MEETING?

- It should be in a comfortable setting chosen by the focus person and his or her family. The facilitator is there to coordinate the discussion, not to make decisions for the person or any other participant.
- The primary goal of the planning meeting is to identify what can be accomplished and put a plan into action. At the planning meeting, the participants may:
 - Review the personal profile or other information already gathered, and make additional comments and observations.
 - Identify ongoing events that are likely to affect your life, such as conditions that promote or negatively affect your health.
 - Share visions for the future: Through brainstorming, imagine ways to increase opportunities.
 - Identify obstacles and opportunities that give your vision a real-life context. θ Identify strategies and action steps for implementing the vision.
 - Create an action plan. Action plans identify what is to be done, who will do it, when the action will take place. It is best to identify action steps that can be completed within a short time.
 - Decide when to meet again

DIFFERENT STYLES OF PLANS

There are many different styles to person-centered planning (PCP), but there are some things that they generally have in common:

- Trained and experienced facilitators using one of the several approaches towards the completion of a person-centered plan
- Emphasis is on the person's strengths and capacities, even when addressing challenges.
- Focus of the PCP is to authentically engage the person first and then their family and staff,
- To design the supports they will need to be successful and have a fulfilling life in the community.

(Sally Burton-Hoyle, 2015)

FOLLOW UP TO THE PLANNING MEETING

Make sure that at each follow-up meeting the team:

- Establishes the time and place of the next follow-up meeting.
- Establishes the list of participants.
- Reviews the Action Plan/To Do List from the previous meeting
- Lists all activities that occurred in the past.
- Lists all of the barriers/challenges that occurred.
- Brainstorms new ideas and strategies for the future.
- Sets priorities for the next agreed upon time period (6 months/12 months).
- Establishes renewed commitment by those participating.
- Lists five to ten concrete steps for the team to follow.
- Always celebrates the successes!

A WELL-WRITTEN PERSON-CENTERED PLAN

- Provides opportunities to seek employment and work in competitive, integrated settings
- Gives the opportunity to engage in community life, control personal resources, and receive services in the community to the same degree of access as individuals without disabilities
- Includes individually identified goals and preferences related to relationships, community participation, employment, income and savings, healthcare and wellness, education and others
- Includes risk factors and plans to minimize them
- Is signed by all individuals and providers responsible for its implementation and a copy of the plan must be provided to the individual and his/her representative
- Is distributed to the individual and others involved in the plan
- Excludes unnecessary or inappropriate services and supports

THE IMPORTANCE OF THE CIRCLE OF SUPPORT

“Planning alone does not change people’s lives. Person-centered planning offers people who want to make change a forum for discovering shared images of a desirable future, negotiating conflicts. Doing creative problem solving, making and checking agreements on action, refining direction while adapting action to changing situations, and offering one another mutual support. But without people working together in a sustained and careful way in the world outside the planning circle, change cannot happen.”

John O’Brien and Connie Lyle O’Brien, 2007

THE DIFFERENCE BETWEEN A PCP AND AN IPP

According to the Self-Determination Law:

- The IPP team shall utilize the person-centered planning process to develop the IPP for a participant. The IPP shall detail the goals and objectives of the participant that are to be met through the purchase of participant-selected services and supports. The IPP team shall determine the individual budget to ensure the budget assists the participant to achieve the outcomes set forth in his or her IPP and ensures his or her health and safety. The completed individual budget shall be attached to the IPP.
- The participant shall implement his or her IPP, including choosing and purchasing the services and supports allowable under this section necessary to implement the plan. A regional center shall not prohibit the purchase of any service or support that is otherwise allowable under this section.

FINAL THOUGHTS

When done thoughtfully, person-centered planning creates a space of empowerment—a level playing field—that allows for consideration of personal preferences as well as health and safety needs, without unnecessarily restricting freedoms. The best person-centered planning helps people to live better lives, with support to do the things most important to them.

HHS Guidance, Administration for Community Living, 2014