

THE QUALITY NEWS

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If you treat an individual as he is, he will stay as he is; but if you treat him as if he were what he ought to be and could be, he will become what he ought to be and could be.

Johann Wolfgang von Goethe

Person Centered Planning & Thinking

How Well Do You Know and Use Person Centred Thinking Tools?

Over the past three years our monthly newsletter has introduced a number of PCP Tools for our employees to use with our Individuals. What is the purpose of PCP? The purpose is to look at individuals in a different way, to assist the individual to gain control over their own life, to increase opportunities to be an active member in their communities, to recognize and realize individuals' dreams, desires, and interests and through a team effort turn those desires into reality. This month, we are providing a quick overlook of some of these tools. If anyone has any questions about PCP tools reach out to the Quality Department and we will connect you with one of our many PCP Coaches. We look forward to sharing more PCP tools for the agency to aid in enhancing the lives of our individuals we serve!

Sorting Important To and Important For: Finding out the things that really matter to the person, and ways to keep these things healthy and safe

Communication Chart: Learning what the person is telling us with different words and behaviours

Like and Admire: Thinking about the person's gifts and skills as well as what the person has to offer

Matching Tool: Liking the person with staff who has the right skills, personality characteristics and interests to give them the best support

Doughnut: Helping staff think about what their responsibilities are and what is not their job

Presence to Contribution: Looks at an activity the person is involved in. Helps show how the person can move from merely being present to becoming someone who contributes in the activity

Working/Not Working: Thinking about what is working and not working in the person's life, from different perspectives also within teams and organizations

Relationship Circles: Thinking about who the important people in the person's life, and about how to maintain relationships and make them closer.

Good Day / Bad Day: Thinking about what makes a good day and what makes a bad day in order to find out what makes good quality of life for the person

Routines and Rituals: Thinking about the important rituals and routines in the person's life

One Page Profiles: Introducing the person and thinking about what makes really good support for them

Dreams and Nightmares: Thinking with the person and their circle about how to move toward the person's dreams and avoid their nightmares

Timeline: Learning about the person's history, how they go where they are today

4 + 1 Questions: Thinking as a group about an issue—what has been tried, what has been learned, what we're happy about, what we're concerned about—also a great tool for supervisor and appraisals

Decision Making Agreement: Thinking about the person and their circle about how they will be involved in different decisions in their life—big or small



Therap Tips!

Personal Focus Worksheets

Therap has introduced a brand new module, Personal Focus Worksheets, that encapsulates **Person Centered Thinking** tools! This worksheet consists of a questionnaire that compiles information about the Individual from the perspective of the Individual and the team into one document! Personal Focus Worksheet provides a person centered assessment of the Individual that can be very useful for, among other things for the IHP, for employees to learn about the Individual and what is Important To the Individual. This form is simple to complete and consists of five sections with and, for staff to learn what is important to the Individual. The form consists of five sections that include questions that are meaningful to the Individual:

- **Section I** - Asks questions about what is important to this person from his/her perspective. Factors such as personal preferences, interests and aspirations.
- **Section II** is centered around information regarding ongoing events in the person's life from anyone's perspective that include social interactions, living arrangements, spiritual, religious and/or cultural considerations and employment.
- **Section III** is answered from the perspective of others who know and care about the person and their comments on how to improve the person's support needs.
- **Section IV** details ways in which the person's life could be enhanced. Factors such as independence, community involvement, income capacity, etc. are considered here.
- **Section V** addresses any conflict between what's important to and important for this person from anyone's perspective.

Email your tips or questions to: llsai@thearcsof Somerset.org

We are currently using:

Version: 2013.1.7 20130425-1317 on app03-se