

THE QUALITY NEWS

“Unity is strength...when there is teamwork and collaboration, wonderful things can be achieved ”

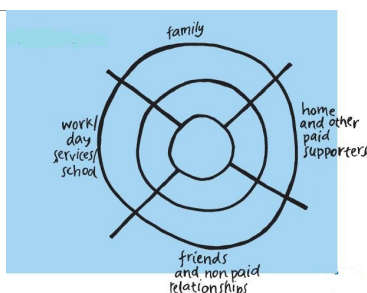
Mattie Stepanek

Person Centered Planning & Thinking

For the month of December, we are presenting the PCT tool, **The Relationship Circle**. This effective tool helps us to identify who is important in a person's life and has benefits in building relationships and connections.

Benefits for the individual:

- Ensures we know who is important in the person's life, but more importantly identifies those we should involve and listen to
- Identifies who the person celebrates special occasions with
- Shows the balance of family, friends and paid supports in a persons life
- Identifies whose company the person enjoys
- Helps the person think about people being paid to be in their life
- For people who do not use words, try using photos or graphics of the people in their life



Benefits for the agency:

- Helps us learn about any important issues around relationships
- Helps identify who to talk to when developing IHP's
- Identifies relationships that can be strengthened or supported

Using the Circle: Working out from the inner circle, identify the people who are closest to the person and who the person could not imagine life without; moving outward to the next ring—this signifies those whose company the person enjoys; the next outer ring identifies people the person spends time with such as peers and finally the outer ring signifies those who are paid to be in the person's life. If people are included but no longer present in the persons life indicate how long they have been absent. Explore inviting others identified in the relationship circle to join the person in doing something they enjoy. Look at patterns in the relationship such as how close are the persons family? Is there connections with people in the community or with neighbors?

In using the Relationship Circle, we better understand the dynamics what the person needs; who is important in their lives and what they want for their future. Relationship Circle approach is useful for finding out who could contribute to getting the person connected; for identifying relationships that could be strengthened or developed and for showing the balance of family, friends and paid workers in the persons life.

Volume 2; Issue 6; December 2011



**Therap
Tips!**

Medication History

Historically, we have always had a document called **Medication History** where we would enter the medications of each individual. Then the paper would be placed in the CYF. The day program had one, the residential program had one...some perhaps were updated routinely and perhaps others were not. The reality is Medication History is a hugely significant document for the individuals we serve as it illustrated historical data on a persons medication. Therap also has Medication History...But wait! This is not your mother's Medication History form—This is Therap we are talking about! With Therap medical history is now merged into one document—and everyone works from the same information (Residential/ Employment); Nursing staff can easily access data in one location; information can be quickly updated and downloaded to be provided at the request of a Guardian or to take to a medical appointment or meeting; data can be easily exported into Excel for further analysis. Another viable feature is that Therap will immediately alert you of possible dangerous drug interactions when entering data! That is not all—with Therap you know the side effects, dose, form, route, reporter (entering the data); copy of the prescription; discontinued data and reason; prescriber; medication type; total count; purpose and effectiveness of medication. You can complete custom reports; view prescription copies; download specific targeted data and the best news is that it is in ONE location that we all access—so there is no longer the issue of missing information...or to ask 'why was that med discontinued years ago?' because it is already captured on Therap. It is important to note that the Medication History must be updated whenever there is a change with medications—Keeping our data pristinely up-to-date at all times. Medication History is extremely critical to the lives of our individuals.

It no wonder as Therap is always improving on ways to increase quality services for our individuals.

Do you have a Therap tip or question? We want to hear from you! Email your tips or questions to: lsai@thearcosomerset.org

We are currently using:
Therap Version: Version: 9.2.1

ASK THE COACH! Why do we need Person Centered Coaches?

To answer such a question, I borrowed some wisdom from the Person Centered Thinking in Lancashire who explained that for an agency, such as ours, it is a rather big step (in the right direction) to bring in Person Centered Planning in the first place. This means that we are committed to making real changes to improve the quality of lives and services for our individuals that will lead to real lasting change in the person's life. The idea is to build Person Centered Approaches into the everyday life of our individuals and consistently using the tools will allow us to support our individuals in a more meaningful approach.

This is significant as it means that everyone in the agency will need to learn how to use Person Centered Thinking tools. How do we do that? This is where the Coaches come in. The role of the Coach is to explain and teach all of us how to use the tools and to make sure that they are being used everyday. We all need to be coached and in turn we then become a "Coach". The cycle of learning is continuous...there is no stopping point. Thank you Coaches—we could not do this without you!

Do you have a question for a Coach? They would love to answer it! Send it to lsai@thearcosomerset.org