



Continuing Education Information

Course Title: Essential Lifestyle Planning: Facilitator Certification

Course description:

Essential Lifestyle Planning is an approach to person-centered planning intended to change the way we plan, design, and deliver supports for people with intellectual and developmental disabilities who are being supported in their communities. This workshop is required for final certification for social workers, case managers, supports coordinators, provider agency staff, families, and others in order for them to facilitate and write Essential Lifestyle Plans for others. Participants will learn how to effectively self-assess plans, develop strategies for implementation and on-going review, and learn to utilize specific tools for focusing on planning to generate outcomes for community connection and participation.

Target Audience: Social Workers, Case Managers, Direct Support Professionals

Level of Course Information:

Beginner Intermediate Advanced

Relevance to social work:

Social workers are employed by community provider and advocacy organizations in case management, support coordination, inclusion facilitation, and management roles. In these roles, social workers are responsible for working with individuals with developmental disabilities and their families to plan community-based services and supports.

The Center for Medicare and Medicaid Services, as well as state departments of developmental disabilities, continue to move toward a person-centered approach toward the provision of community-based services and supports for people with disabilities. The growth of individual budgets and self-directed services lends to this culture shift whereby people with disabilities, their family and friends contribute to a planning process that focuses on the person and the life s/he wants to live.

In order to facilitate a person-centered planning process, social workers, case managers, and supports coordinators need to understand the rationale behind this culture shift and the techniques that are effective in planning and implementing services in a person-centered manner.

Trainer (s):

Michael Steinbruck, M.A.
Colleen McLaughlin, M.Ed.
Carol Britton, M.S.W.

Number of clock hours requested minus lunch and breaks: 4.5

(9:30 – 3:30 pm)

Timed Outline:

9:30 a.m.	Introduction and Review
10:00 a.m.	Participant Reflection/Discussion of Planning Experience
10:30 a.m.	General Trainer Feedback on Submitted Plans
10:45 a.m.	Review First Draft Criteria Checklist
11:00 a.m.	Break
11:15 a.m.	Peer to Peer Feedback with Partners
12:00 p.m.	Lunch
1:00 p.m.	Peer Feedback Reporting and Discussion
1:30 p.m.	Plan Implementation and Learning Wheel
2:15 p.m.	Break
2:30 p.m.	Outcomes for Community Participation
2:50 p.m.	Community Connector Donut Exercise
3:10 p.m.	Closing Round and Certification
3:30 p.m.	Departure

Goals and Objectives:

Goal: The participants will demonstrate for certification the ability to effectively write, review, edit and implement formal Essential Lifestyle Plans (ELP).

Objectives:

1. Participants will be able to utilize plan review criteria to edit Essential Lifestyle Plans.
2. Participants will be able to identify and write personally desired outcomes for people with disabilities.
3. Participants will be able to implement plans focusing on community connection and participation.