



Continuing Education Information

Course Title: Person Centered Thinking

Course Description:

Essential Lifestyle Planning is an approach to person-centered planning intended to change the way we plan, design, and deliver supports to people with intellectual and developmental disabilities being supported within their communities. Person-Centered Thinking is the philosophy that supports self direction, the values of person centered thinking, and the tools that are essential in developing the skills needed for effective plan writing and implementation. This training provides a basis of understanding of the philosophy behind person-centered thinking as well as practical knowledge of information gathering techniques effective for use in planning for the life the person desires.

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: 9 hours (9:30 – 3:30 each day)

Timed Outline:

Day One:

- 9:30 a.m. Introduction and Opening Exercises
10:00 a.m. Introducing Person-Centered Planning
10:45 a.m. Information Gathering Collection
10:45 a.m. 10:55 a.m. **Break**
10:55 a.m. Setting up the Planning Meeting
12:00 p.m. Developing a Support Network
12:00 p.m. – 12:45 p.m. **LUNCH**
12:45 p.m. Accessing Generic Resources and Natural Supports
2:00 p.m. Planning Tools
3:30 p.m. Departure

Day Two:

- 9:30 a.m. Review/Discussions
10:00 a.m. Facilitation Skills
11:00 a.m. Planning Demonstration
11:00 a.m. 11:10 a.m. **Break**
11:10 a.m. Debrief/Discussion
12:00 p.m.- 12:45 p.m. **LUNCH**
12:45 p.m. Specific Planning Applications
1:45 p.m. Keeping the Plan Going
3:15 p.m. Review and Summary/Questions
3:30 p.m. Departure

Goals and Objectives:

Goal: Participants will be able to use the person-centered thinking skills and tools necessary to implement positive change in the lives of people with intellectual and developmental disabilities.

Objectives: Participants will be able to:

1. Participants will be able to describe the 7 tools that are the foundation of Person Centered Thinking
2. Participants will be able to assess the balance between what is important to a person with what is important for them (health and safety)
3. Participants will be able to implement information gathering techniques and begin to synthesize information into person centered descriptions of people and the supports they desire and need