



Continuing Education Information

Course Title: Essential Lifestyle Planning: Process Facilitation and Plan Writing

Course description:

Essential Lifestyle Planning is a person-centered process intended to change the way we plan, design, and deliver supports for people with intellectual and developmental disabilities. This workshop is designed for social workers, case managers, supports coordinators, provider agency staff, families, and others interested in understanding all elements of the Essential Lifestyle Planning Process. Participants will learn the process of gathering information to produce powerful and effective support plans.

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

(9:30 – 3:30 pm each day)

Day One:

9:30 a.m. Ground Rules and Introduction
10:00 a.m. Review Tenets of Person-Centered Planning
10:45 a.m. Overview of Planning Format
11:00 a.m. **Break**
11:15 a.m. Developing Interview Skills
12:00 p.m. **Lunch**
1:00 p.m. Developing Interview Skills (continued)
1:45 p.m. Information Collection
2:05 p.m. Information Organization
2:25 p.m. **Break**
2:40 p.m. Planning and Implementation
3:00 p.m. Developing First Plan Draft
3:30 p.m. Departure

Day Two:

9:30 a.m. Review/Discussion
10:00 a.m. Editing Instruction Using Checklist Tool
11:00 a.m. **Break**
11:15 a.m. Editing Instruction (continued)
11:30 a.m. Staff Roles and Responsibilities Using Donut Tool
12:00 p.m. **Lunch**
1:00 p.m. Outcomes Development and Action Planning
1:45 p.m. Review First Plan Criteria
2:00 p.m. Implementation, Recording Learning and Growing Plans
2:15 p.m. **Break**
2:30 p.m. Plan Review Process and Alignment
2:50 p.m. Review of Alternative Planning Styles
3:10 p.m. Homework Assignment, Closing Round
3:30 p.m. Departure

Goals and Objectives:

Goal: The participants will be able to utilize person-centered thinking skills and tools to facilitate the development of formal Essential Lifestyle Plans (ELP).

Objectives:

1. Participants will be able to apply person centered interviewing skills and conversation techniques
2. Participants will be able to use tools to gather, organize, and record information
3. Participants will be able to write first draft Essential Lifestyle Plans including action steps for facilitating positive change in a person's life