

Person Centered Practices

Person-Centered, Informed Choice and Transition Protocol

DHS Partner Panel Meeting

June 23, 2016

Vision

People with disabilities and older Minnesotans live, learn, work, and enjoy life in the most integrated setting

- Building or maintaining relationships with their families and friends
- Living more independently
- Engaging in productive activities, such as employment
- Participating in community life

In other words, people lead lives that are meaningful to them.

Multiple mandates

Minnesota must ensure:

- Opportunity for meaningful choice and self-determination
- Civil and legal rights are affirmed and respected

Consistent requirements coming from multiple sources

Multiple mandates

Olmstead Plan

- Plans for people using disability home and community based waiver services will meet required protocols. Protocols will be based on the principles of person centered planning and informed choice.
- Individuals with disabilities will exercise informed choice to make or have input into major life decisions and everyday decisions, and to be always in charge of their services and supports.

Jensen settlement

- Class members have a current person-centered plan and have a say in where they live and the services they receive.

Multiple mandates

Home and Community-Based Services (HCBS) Rule from the Centers for Medicare and Medicaid Services (CMS)

- Planning process is directed by the person receiving supports, and includes people chosen by the person to participate in the process
- Plan must identify the goals and preferences identified by the person
- Planning process and the plan will assist the person is achieving the outcomes he or she chooses in the most integrated community setting, ensure services are delivered in a way that reflects the person's choices and preferences, and contributes to the assurance of the health and welfare of the person.

Minnesota's Olmstead Plan

- Person-centered practices are the cornerstone and, if adopted and practiced across our system, will result in people being able to make informed choices for themselves and having a higher quality of life
- The Plan speaks in greater detail about the vision and person-centered practices ([See pages 32-34 of the Plan.](#))
- This vision applies across state agencies, specifically the Departments of Human Services, Employment and Economic Development and Education

Why the emphasis on person-centered practices?

When services and systems are person-centered, people:

- Grow in relationships
- Contribute to their community
- Make choices
- Are treated with dignity and respect and have a valued social role
- Share ordinary places and activities

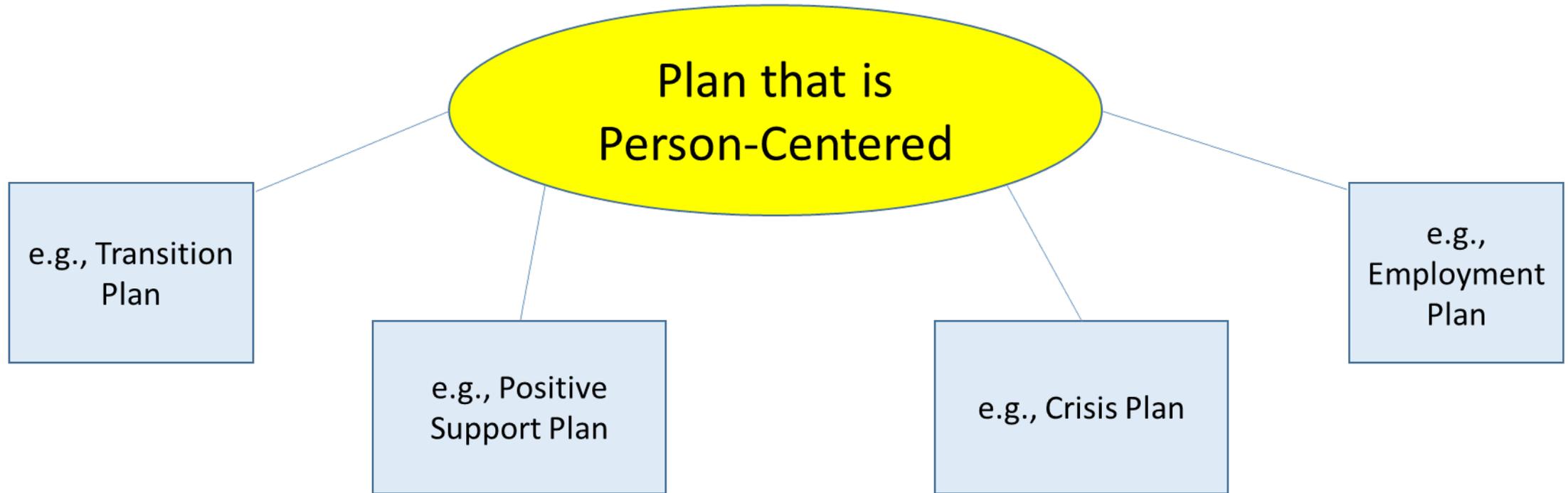
What is a support plan that is person-centered?

- Developed following the principles and philosophies of person-centered practices
 - Professionals share power with individuals who receive services
 - Recognize each person as a whole individual with unique strengths, assets, interests, expectations, cultures, and goals
 - Support individuals' comfort and his or her ability to express preference, choice, control, and direction in all aspects of services and supports

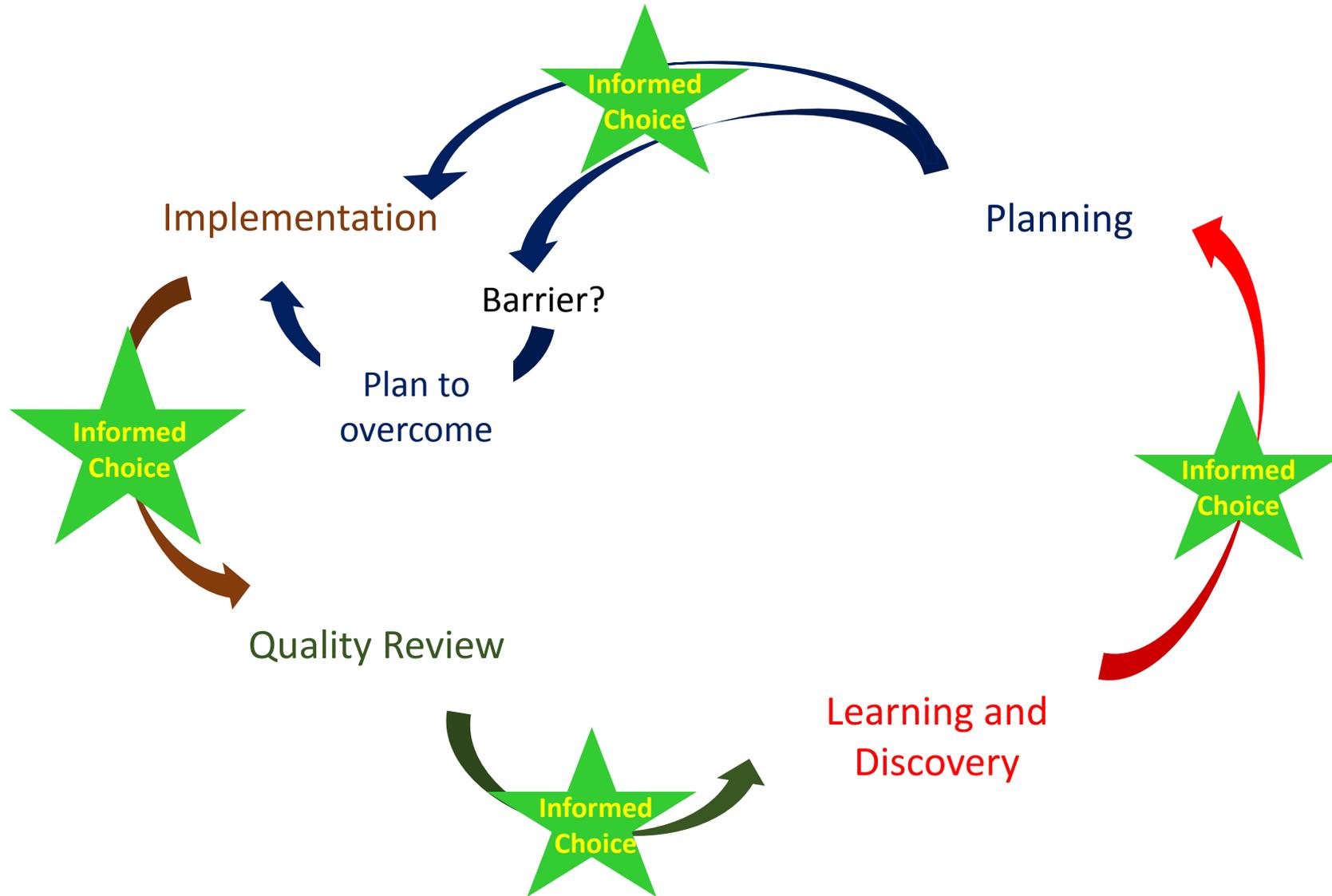
What is a support plan that is person-centered?

- Follows a method of documenting, organizing, managing and sharing information gathered through a person-centered process, including:
 - what is important to and for a person
 - how he or she would like to balance and be supported in these aspects of his or her life
 - plan reflects his or her wishes, expectations, hopes, strengths, resources, and need for support or additional resources related to his or her preferences and goals

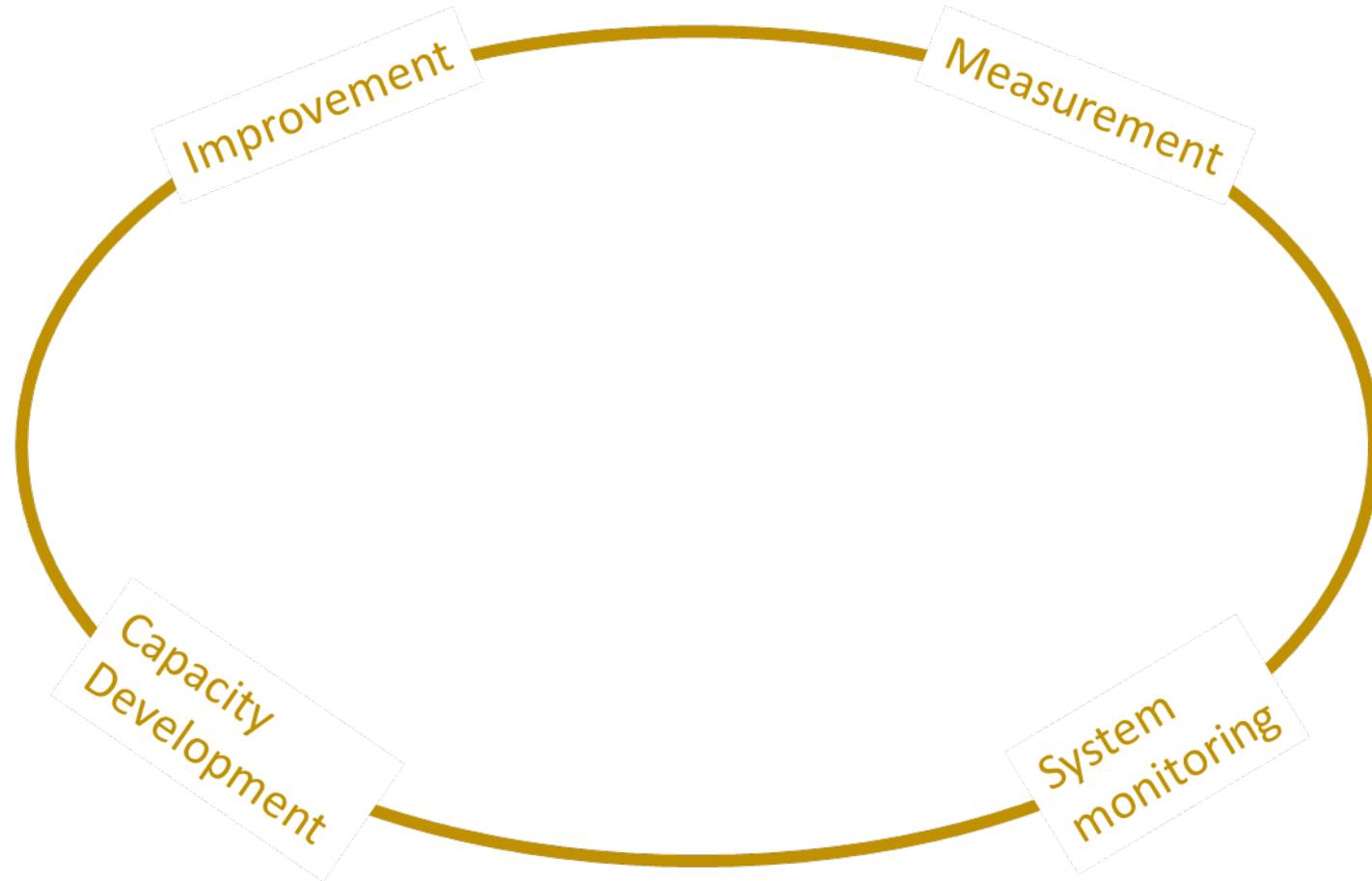
The support plan that is person-centered is central—
all other plans are built off of it



Person-Centered Practice Cycle



Person-Centered System Development Cycle



What is the protocol?

- A set of essential elements that must be used to drive Minnesota's long-term services and supports and mental health system
- Guidelines to show how these person-centered practices apply through the entire service cycle

Who does the protocol apply to?

- people with disabilities regardless of program or age (Part One)
- people with mental illness regardless of program or age (Part One)
- older Minnesotans who use long-term supports and services (Part One)
- making a transition from one residence to another (Part Two in addition to Part One)

Essential elements of the protocol

Part One: Person-Centered and Informed Choice

- Overarching Characteristics
- Discovery and Learning
- Supports and Action Planning
- Implementation Quality Review

Part Two: Transitions Requirements

- Overarching Characteristics
- Options and Informed Choice
- Coordination/Transfer of Responsibilities
- Implementation

Implementation strategies

- Michael Smull, Support Development Associates model
 - Fidelity framework
 - People-Organizations-Systems approach
- Training and building capacity through TA and mentoring
- Integrating across populations
- Using Minnesota's Statewide Plan: Building Effective Systems for Implementing Positive Practices and Supports

Learnings from other states

- Successes and failures with other states
- Six state systems change grants
- Changing practices one person at a time
- Encouraging organizations to become person-centered
- Strategies for creating person-centered systems