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## It Might Just Happen

- Rosemerry Wahtola Trommer

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- Brother of someone who experiences a cognitive disability.
- Caregiver for about a third of my career.
- Opportunities to work with some of the most forward thinking people in the field.
- Working WITH families is some of the most important work I have done.



### A LITTLE BIT ABOUT ME

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## THE 5 ACCOMPLISHMENTS

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Autonomy

Community participation

Valued social roles

Community presence

Competency



# PERSON CENTERED TOOLS



# PERSON CENTERED TOOLS

## MAPS

Story

1

Dream

2

Nightmare

3

Action Agreements  
what... when... by whom

5

What It Takes

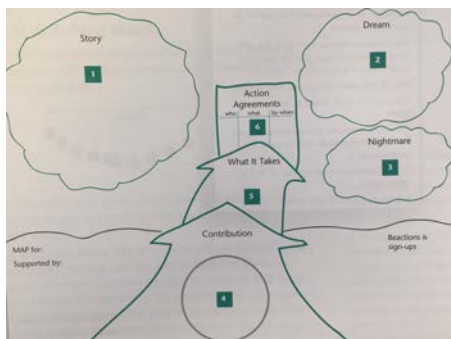
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Contribution

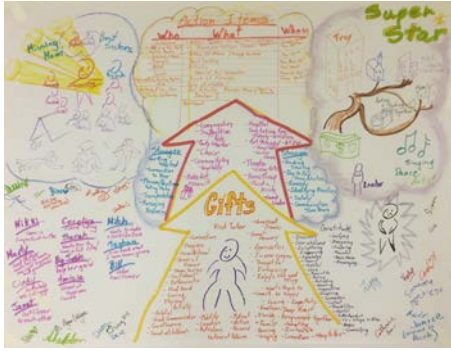
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MAM for:  
Supported by:

Reactions is  
sign-ups



## MAPS



## PATH





## MAPS & PATH

- **Graphically Facilitated Process**
  - Usually requires 2 Skilled Facilitators
    - 1 for Graphic Recording
    - 1 for Process Facilitation
- **Experiential Training needed**
- **Usually utilized to assist in developing a Personal Support Network**
- **Requires a block of Concentrated Time for the process.**





This tool is to help families think through the roles they play in their loved one's life, and to help them plan for who else could help fulfill those roles now and in the future.

Reciprocal Roles	People's Roles in _____'s life	Looking Ahead	What's important to know, make sure continues, or make happen?	
 Caring ABOUT	Affection and Self-Esteem	Who loves and cares about him/her?	Who else makes him/her feel loved?	
	Repository of Knowledge	Who else knows things that others don't know well? (celebrations, traditions, habits, history)	With whom does he/she have special memories or experiences?	
	Lifetime Commitment	Who has a lifetime bond with him/her?	Who else would step up when/if needed?	
	Provider of day-to-day care	Who makes sure activities of daily living and healthcare needs are met?	Who else could provide oversight for these needs?	
 Caring FOR	Material and Financial Needs	Who makes sure he/she day-to-day basic and quality of life needs are met?	Who else could help make sure this happens?	
	Facilitator of Inclusion and Membership	Who helps connect him/her to inclusive opportunities and maintain relationships?	Who would be good at helping him/her connect with and maintain inclusive activities?	
	Advocate for Support	Who helps him/her advocate in planning meetings?	Who else could help advocate for/with him/her?	

Developed by the UMKC Institute for Human Development, UCEDD. More tools at [lifecoursetools.com](http://lifecoursetools.com)

Updated: 9052019 1.0

- A number of tools that build on one another.
- Many of these tools have been used across our sector as they can focus in on areas of need or understanding.



## LIKE AND ADMIRE



## PERSON CENTERED TOOLS

### ESSENTIAL LIFESTYLES PLANNING

- A number of tools that build on one another.
- Many of these tools have been used across our sector as they can focus in on areas of need or understanding.
- Culminates in a "One Page Profile"
  - Adopted throughout the sector as a way to introduce someone in a Person-Centered way.





**ELIE STAFFORD**  
**AGE 5**  
**KINDERGARTEN**  
*Teach me to sing and I will sing*  
**VISION STATEMENT**

We envision our daughter living a life of choice. We envision her having relationships she finds are valuable. In her future we envision her doing work that she enjoys and that makes her feel productive. We envision our daughter living a happy and meaningful life surrounded by love and support.

**STRENGTHS**

- Visual learner
- Advanced Reader
- Knows ABC's and Letter Sounds
- Can count to 30
- Social and kind
- Funny
- Smart
- Great Friend
- Fast Learner
- Excellent Memory

**WHAT DOESN'T WORK**

- Being Harshed
- Sudden Change in Activity
- Negative Talk
- Yelling
- Assuming I Don't Understand

**WHAT WORKS FOR ME**

- Patience
- Praise Modeling
- Schedule and Routines
- First/Then Visuals
- Picture Cues for Tasks
- Believe in My Abilities
- Praise Me For My Achievements
- Warn Me About Transitions

**WHAT I'M WORKING ON**

- Talking on Sometimes
- Fine-Motor Skills, like Writing, Cutting Paper and Coloring!
- Gross Motor Skills, like Running!
- Following Directions
- Conversational Speech

**I LOVE,** My Parents, My Brothers  
 My Will and Luke, Two Best  
 Dancing and Rap Music.

A man with a beard and short brown hair, wearing a grey t-shirt, is pointing with his right hand towards a whiteboard. The whiteboard has the words "Power Halo" written in cursive at the top. Below it, the text "One page profile" is written in a large, bold, black serif font. The man is smiling and looking towards the whiteboard. The background is a simple room with a wooden floor and some furniture.

4 + 1 QUESTIONS

What have we tried?

What have we learned?

What are we pleased about?

What are we concerned about?

What do we need to do next?

## PERSON CENTERED TOOLS

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### ESSENTIAL LIFESTYLES PLANNING

#### Additional tools

- What's Working and Not Working
- 4+1 Questions
- Matching support
- and many others

On going development by *The Learning Community*

- Annual Conference
- Training & Certification

## PERSON CENTERED TOOLS

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### ESSENTIAL LIFESTYLES PLANNING

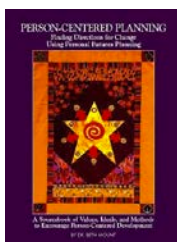
#### Resources

- Helen Sanderson & Associates
  - <https://helensandersonassociates.com/>
- The Learning Community for Person Centered Planing
  - <https://tlcpcp.com/>
- Numerous other resources nationally and Internationally.

## PERSON CENTERED TOOLS

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### PERSONAL FUTURES PLANNING



- [www.bethmount.org](http://www.bethmount.org)

## PERSON CENTERED TOOLS

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### OTHER PLANNING TOOLS & MODALITIES

- David Pitonyak- [dimagine.com](http://dimagine.com)
- Aaron Johannes- [ImagineACircle.com](http://ImagineACircle.com)
- Inclusion Press:
  - Life Works- Liberty Plan
  - Beth Mount publications
  - huge resource for Person Centered work

## PERSON CENTERED TOOLS

WESTERN AUSTRALIA INDIVIDUALIZED SERVICES



- Has learned for many of the leaders in Person Centered work.



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## PERSON CENTERED TOOLS

WESTERN AUSTRALIA INDIVIDUALIZED SERVICES



- Developed a great set of Tools, particularly around supporting "Self" Advocates and Aboriginal Populations.



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## PERSON CENTERED TOOLS

WESTERN AUSTRALIA INDIVIDUALIZED SERVICES



- Plenty to learn from them about embedding the work.



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**Judith Snow on  
Giftedness**

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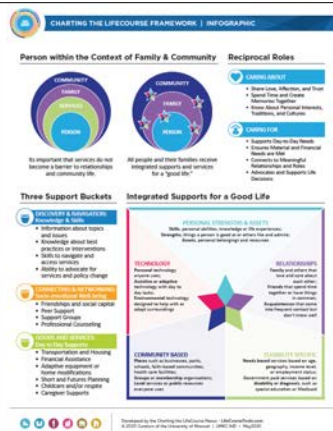
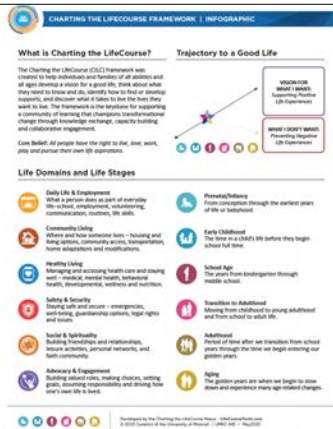
# What is Charting the LifeCourse?

## Charting the LifeCourse IS:

- About having different conversations
- A different way of thinking
- Encouraging high expectations
- Having life experiences to move the trajectory in the desired direction
- Integrating multiple types of support

## Charting the LifeCourse IS NOT:

- Only for professionals to use
- Just about the “tools”
- A “program”
- Designed for just one specific age group
- Solely for people with disabilities and their families



**Person**

**Life Domain: Vision, Goals, & Objectives**

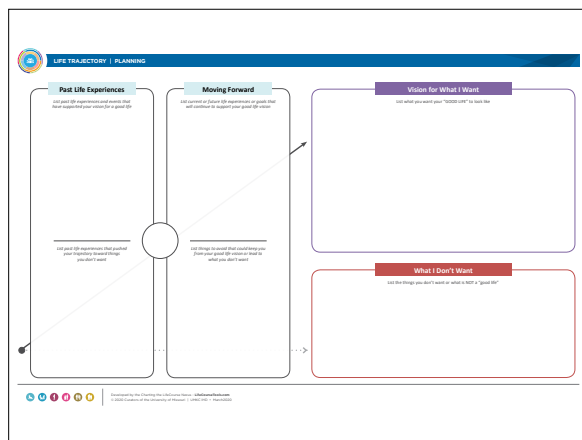
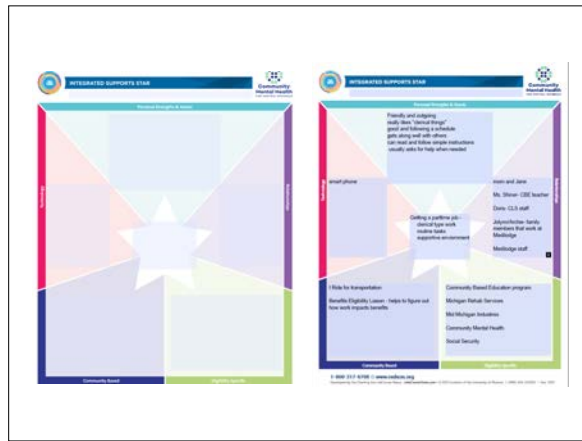
Name of Person Completing: \_\_\_\_\_ Date: \_\_\_\_\_

On Behalf of: \_\_\_\_\_

**Life Domain: Vision, Goals, & Objectives**

Name of Person Completing: \_\_\_\_\_ Date: \_\_\_\_\_

On Behalf of: \_\_\_\_\_



## PERSON CENTERED TOOLS

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### CHARTING THE LIFECOURSE

- A series of tools developed to assist in planning for everyone across the lifespan.
- Integrate a number of historic ideas and philosophies
- They provide different ways of thinking about a persons life that can be utilized problem solve and plan in big and small ways.

# Questions?

# ***Start Close In***

*- David Whyte*

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<http://incompanyofothers.com>

Sheldon@incompanyofothers.com

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