

Self-Determination-Series 2

Session 4: Attitude, Person-Centered Planning, and Supported Decision Making

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Welcome back!

Train or Airplane?



Ground Rules for Meeting Online



Cameras on when possible



Use chat or raise hand to talk (Zoom or actual hand)



Listen to understand



Ask questions with the microphone or in chat

Session Overview

Session 1: Self-Determination Review, Self-Advocacy, and Communication

Session 2: Thoughts and Communication

Session 3: Flexibility, Compromise, and Communication

Session 4: Person Centered Planning, Supported Decision Making, Attitude, and Communication



Today

- Review flexibility and compromise
- Learn about Supported Decision Making and Person-Centered Planning
- Learn about attitude
- Watch one or more videos
- Get home practice activities



Self-Determination

Self-Advocacy

Communication

Flexibility

**Person-Centered
Planning**

**Supported
Decision Making**

When thinking about self-advocacy

Communication is very important to building self-advocacy and doing more on my own.

True or false?

TRUE!



What is a self-advocate?

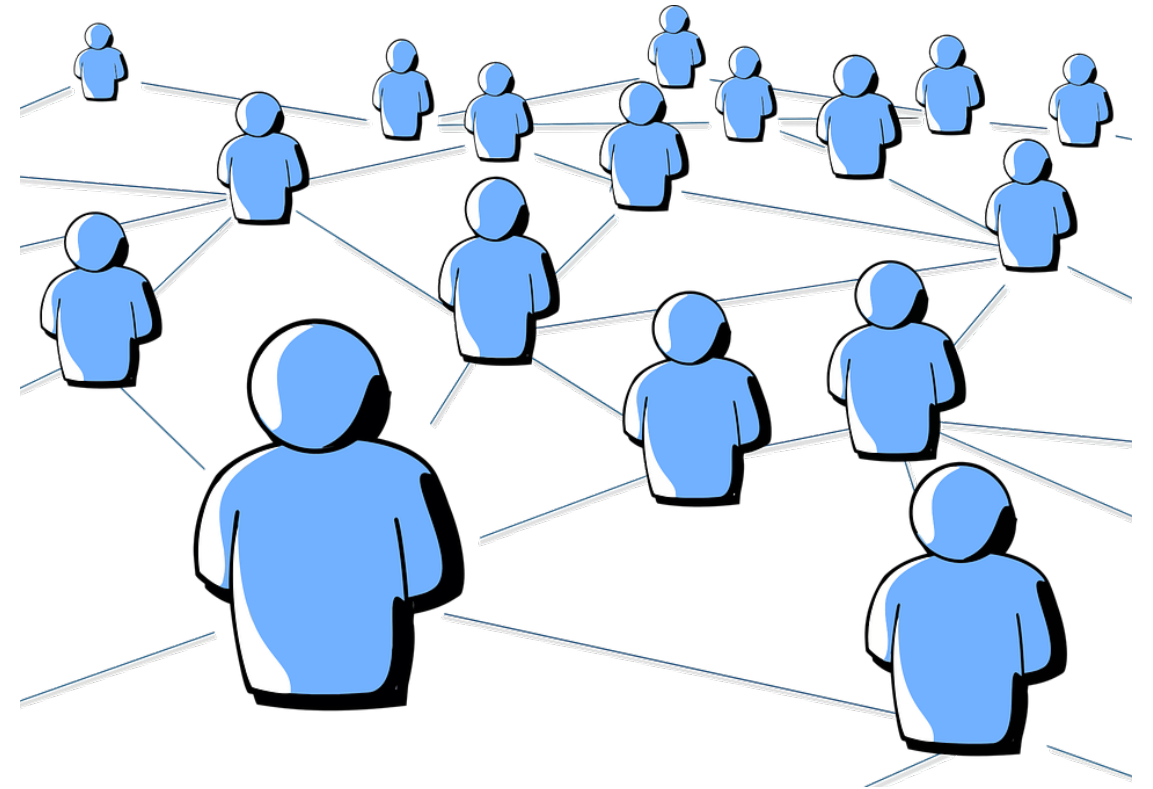
YOU...

- Knowing what you and what is possible for you!
- Having more control of you
- Making life (decisions or donations) with people who can (shadow or support) you.



Communication Review

**VERY Important for
Self-Advocacy**



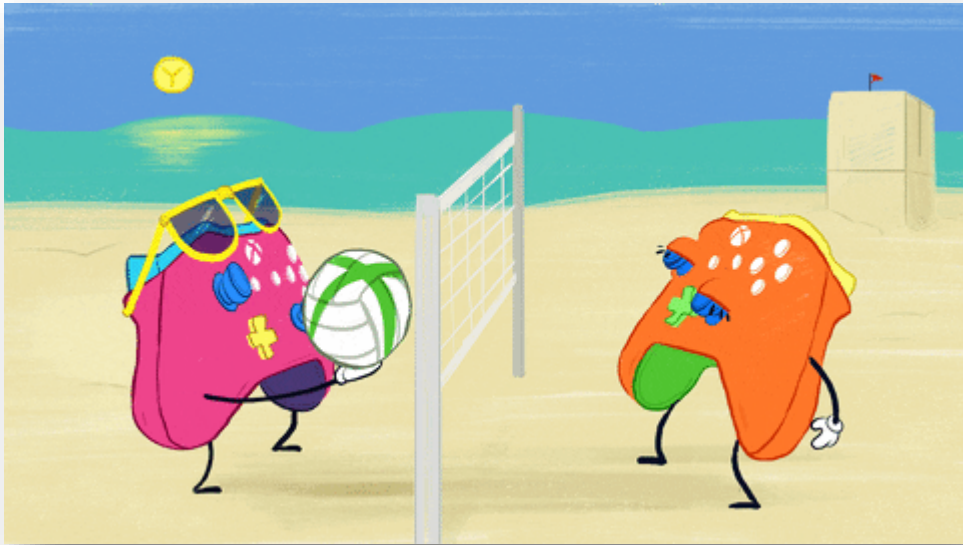
Which is a communication **builder**?

- A. Looking toward the person
- B. Looking at your mom when you are talking to someone
- C. Having a 1-way conversation

(Put A, B, or C for your answer in the chat)



2-Way Communication is...



- Sharing conversation
- Communication that goes back and forth like a volleyball game
- Involves comments and questions

Review Communication **BUILDERS:**



What We **Should Do**
When Communicating

Communication Builders

- Trade information
- Find common interests
- Listen to the person
- Watch body language
- Match the mood
- Use good volume
- Use good body boundaries
- Look toward the person



Communication Busters



**Can make
communication difficult for
2-Way Conversations**

Which is a communication **buster**?

- A. Looking toward the person
- B. Trading information
- C. Talking about risky topics

(Put A, B, or C for your answer in the chat)



Communication **Busters**

- Taking over
- Interrupting
- Repeating
- Policing
- Risky topics



Think it, Or Say It....



?

*Why is it important to **THINK** before we say something?*



Think It or Say It?

I like your hair cut.

- Say it



Think It or Say It?

You look sick.

- Think it



Think It or Say It?



How much
money do you
make?

- Think it

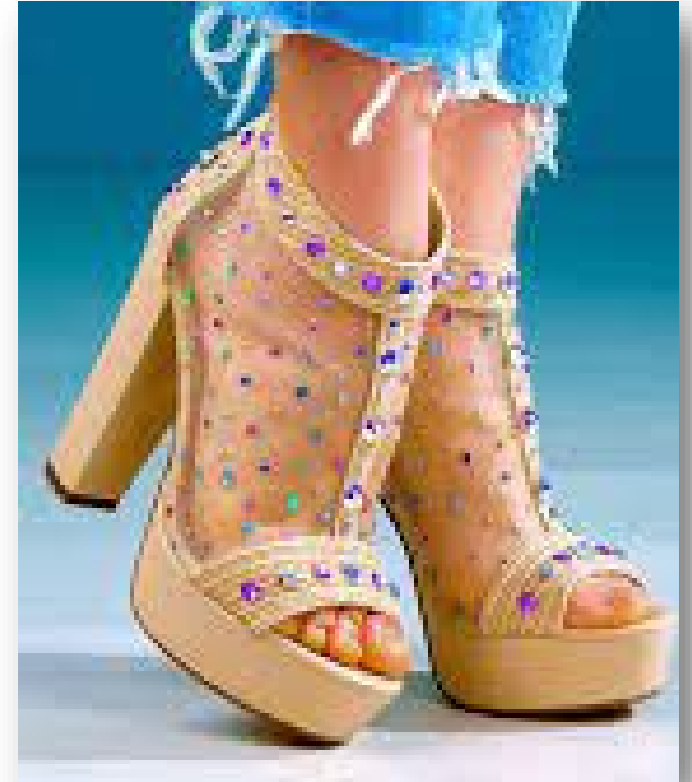
Think It or Say It?

Your shoes are cool!

- Say it

You look like you are in your 50's.

- Think it



Think It or Say It?

Why are you in a wheelchair?

- Think it

Your sister seems nice.

- Say it

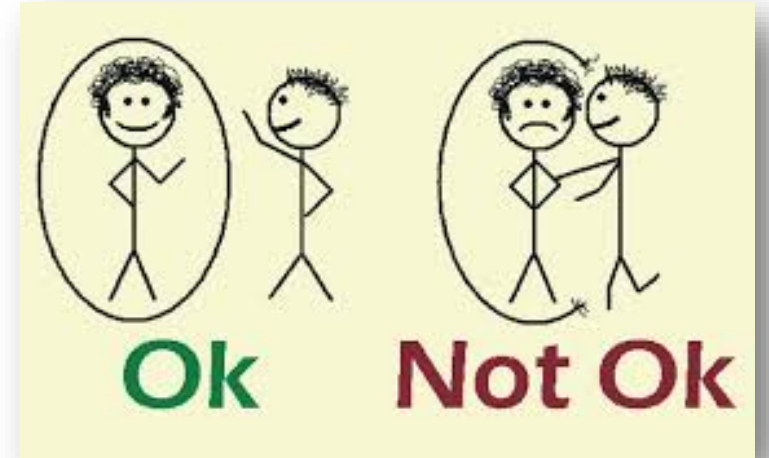


Review Non-Verbal Communication



Non-Verbal Communication

- Facial expression
- Body position, movement, gestures
- Personal space
- Look toward the person
- Assistive technology
- Visuals
- Written and electronic communication
- Hygiene/grooming
- Clothing



First Impressions



Opinions we have about other people by how they talk, how they act, what they are wearing, or their non-verbal body language

2-Message Rule

ONLY send or leave **2** messages (of any kind...text, voice mail, email, social media, etc.). If they don't respond, move on!

2
two



Body Language

Positive

- Smiling
- Facing you
- Looking at you
- Nodding
- Sitting up straight

Negative

- Frowning
- Arms crossed
- Hands on hips
- Slouching
- Talking with hands
- Looking at their watch or phone



Flexibility- Review

When I am flexible,
things are easier.



Being Flexible

Changing how we act or respond,
thinking differently, or trying new things
can be hard



Being Flexible with Thinking



- Being ok if things change
- Not getting “stuck” too long
- Trying new things
- Thinking differently
- Not always getting our way
- Knowing we cannot control everything
- “Rolling with the flow”

Compromising

Compromising means:

- A. One person gets their way, the other doesn't
- B. You AND the other person get something and give up something
- C. Neither of you get your way



You decide...

- Which one looks inflexible and not compromising?
- Which one look like flexible and compromising?

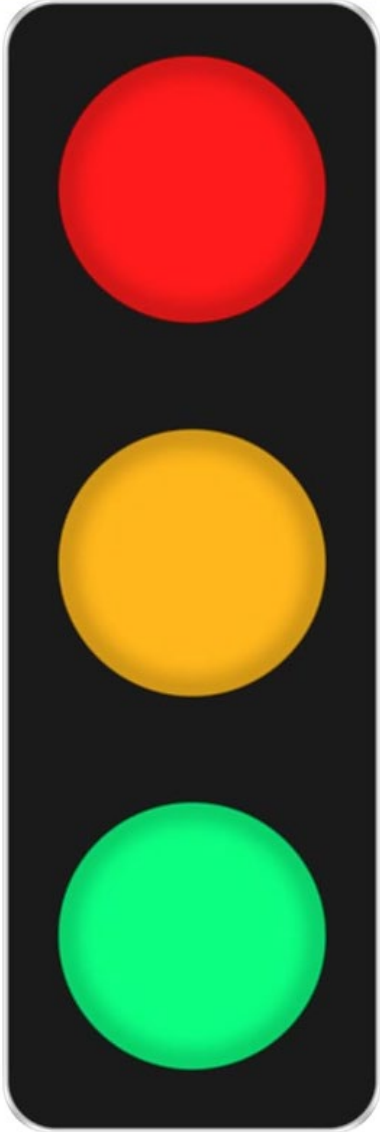


Inflexible and not
compromising



Being flexible and
compromising

When Flexibility is Hard



- **S**____ - before I say or do anything
 - *Stop*
- **T**____ - about how I feel and why being flexible is hard
 - *Think*
 - “Do I have control over the situation?” or “What is their point-of-view?” “Can we compromise?”
- **C**____ - how I will handle being flexible
 - *Choose*

Attitude



My attitude...

- A. Doesn't have anything to do with how I feel
- B. Should always be positive
- C. Can change by the way I think and say things

(Put A, B, or C for your answer in the chat)



Attitude is...



- How we think or feel about something and how it comes across to other people
- Affects how we feel and act
- We can change it by how we think about and look at things

Use Positive Words



A Positive Attitude is Important

It affects:

- How we feel and act
- How other people see us
- How much time they want to spend with us
- Important in friendships, relationships, school, work, and other places



Positive vs. Negative

- No → • Yes
- Not → • Is
- Won't → • Will
- Can't → • Can
- Don't → • Do

Change the Words

- ~~Don't~~ throw the ball inside
 - *Throw the ball outside*
- I ~~don't~~ know
 - *I will find out*
- I ~~can't~~ do it, I'm not good at math
 - *I am good at lots of things, I just need some help with math*
- I ~~can't~~ be late for work
 - *I need to get to work on time*



Video-Positive Thinking



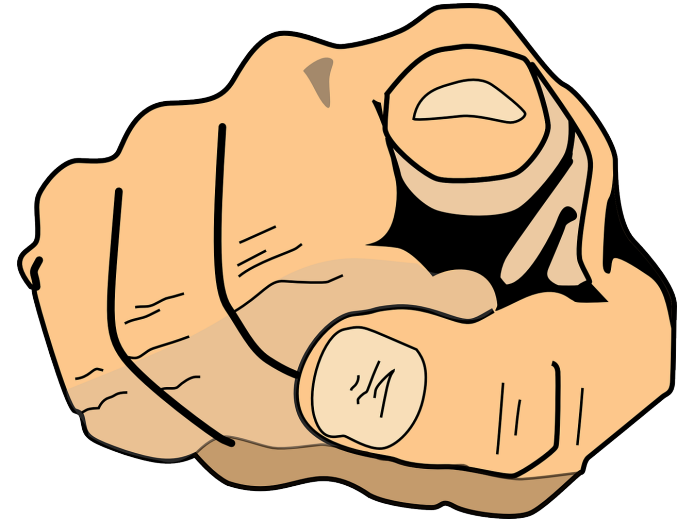
What changed Jack's attitude?

Person-Centered Planning (PCP)



Person-Centered Planning (PCP)

- You are the “center” of all planning
- You get the supports you need to have the life you want
- You have people involved in your planning you want to be involved



Person-Centered Planning (PCP)



PCP is a **BIG** part of self-determination as it helps you to have supports to meet your needs to reach your goals and life vision!

Person-Centered Planning (PCP)



- Think about your future
- Setting goals and making choices
- People are involved in your planning who you want to be involved
- Is required by law in Michigan so people can make their own decisions about the future (if you receive CMH/Medicaid services)

Focus Person

You are called the
“focus” person, because
everything is about **YOU**,
or **FOCUSED** on **YOU!**



Planning for the Future is Important

- Your routines, needs, and supports
- Where you might live
- How you will pay for things
- How you will stay healthy and work with your doctors and others
- Making decisions and problem-solving
- What you want to do for work and fun
- What you want to have for friendships, interests, relationships, religious beliefs, and more



Similar to PCP

- School: your IEP is a person-centered plan: about you, your goals, your future, your vision
- Jobs/Employment: plan with the Individualized Plan for Employment (IPE) with Michigan Rehabilitation Services (MRS) or Bureau of Services for Blind Persons (BSBP) to plan to get skills and experiences to prepare for employment



Supported Decision Making



Supported Decision Making (SDM)

- Person makes final decision from choices
- Another option to guardianship
- People you trust help you think about decisions you need to make
- We ALL get help from others when with some decisions
- Self-determination skills can help us make decisions, and know when we need help



Video-Supported Decision Making (SDM)



<https://disabilityrightstx.org/en/video/supported-decision-making-explainer/>







How Support Works

- Making a pro and con list with you
- Thinking about your big or small decisions
- Coming to your meetings
- Managing your finances
- Looking through paperwork
- Talking to you about my choices
- Advising you on daily living skills, appointments, employment, how to navigate the community



SDM Tool

U Supported Decision-Making **TOOLS**

 Supported Decision-Making Agreement A formal or informal agreement that identifies the people who will support the person in making their own decisions.	 Durable Power of Attorney Legally authorizes someone to become the decision-maker for an individual in cases where they are not able to decide for themselves.
 HIPAA Authorization Allows a person to give a supporter the right to see their private medical information.	 Assignment of Educational Rights Gives consent for parent or guardian to continue involvement and make decisions in their child's educational program after they turn 18.
 Educational Disclosure Allows a person to share their school information with a parent or guardian.	 SSI Representative Payee Allows a person who receives SSI to give a supporter the right to manage their money.

www.undivided.io

- Example types of decisions or supports (this is also in the Resources provided)

Home Activities



Next Steps:

- 1. Review your Home Activities Checklist**
- 2. Review Additional Resources on Person-Centered Planning and Supported Decision Making**

Home Activity Checklist



Michigan Alliance for Families
Youth Self-Determination Series-Home Activities Checklist
Series 2-Session 4: Attitude, Person-Centered Planning,
Supported Decision Making

Name: _____

Date: _____

Home Activities Checklist

Use the checklist below to work through the assigned home activities. You can work through these activities with your parents, siblings, peers, or other support person.

Done	Activity
	Review the Class 4 PowerPoint and Handout on Attitude, Person-Centered Planning, and Supported Decision Making
	Home Activity-Worksheet 1: Complete the Turning Negatives to Positives worksheet
	Home Activity-Worksheet 2: Complete the Charting the LifeCourse : Exploring Decision Making Supports work sheet
	Home Activity: Complete the Charting the LifeCourse: Starter Star
	Resources: Review the resources on Person-Centered Planning and Supported Decision-Making

- Start with your Home Activities Checklist
- Work with your parents or another trusted support person on this if you have questions

SDM Tool



CHARTING THE LIFECOURSE | EXPLORING DECISION-MAKING SUPPORTS

This tool was designed to assist individuals and supporters with exploring decision making support needs for each life domain.

Name of Individual: _____

Name of person completing this form: _____

Relationship to individual (circle one): Self Family Friend Guardian Other: _____

How long have you known the individual? _____

For each question below, mark the level of support you need when making and communicating decisions and choices in the Charting the LifeCourse life domains.

I can decide with no extra support	I need support with my decision	I need someone to decide for me

Daily Life & Employment

Can I decide if or where I want to work?			
Can I look for and find a job? (read ads, apply, use personal contacts)			
Do I plan what my day will look like?			
Do I decide if I want to learn something new and how to best go about that?			
Can I make big decisions about money? (open bank account, make big purchases)			
Do I make everyday purchases? (food, personal items, recreation)			
Do I pay my bills on time? (rent, cell, electric, internet)			
Do I keep a budget so I know how much money I have to spend?			
Am I able to manage the eligibility benefits I receive?			
Do I make sure no one is taking my money or using it for themselves?			

Healthy Living

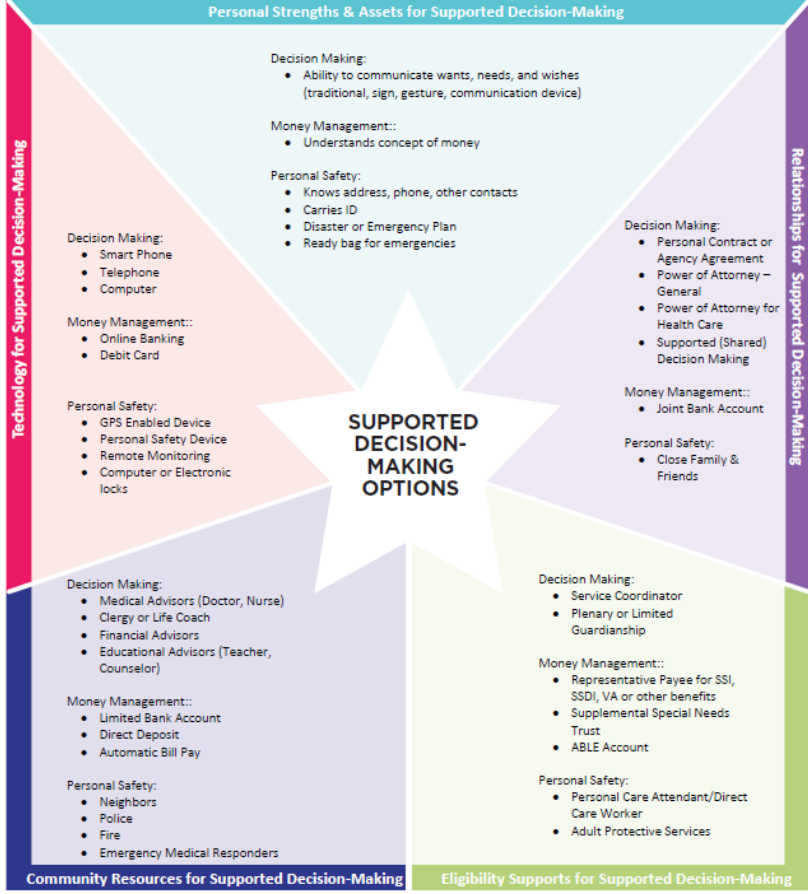
Do I choose when to go to the doctor or dentist?			
Do I decide/direct what doctors, medical/health clinics, hospitals, specialists or other health care providers I use?			
Can I make health/medical choices for my day-to-day well-being? (check-ups, routine screening, working out, vitamins)			
Can I make medical choices in serious situations? (surgery, big injury)			
Can I make medical choices in an emergency?			
Can I take medications as directed or follow a prescribed diet?			
Do I know the reasons why I take my medication?			
Do I understand the consequences if I refuse medical treatment?			
Can I alert others and seek medical help for serious health problems?			
Do I make choices about birth control or pregnancy?			
Do I make choices about drugs or alcohol?			
Do I understand health consequences associated with choosing high risk behaviors? (substance abuse, overeating, high-risk sexual activities, etc.)			
Do I decide where, when, and what to eat?			
Do I understand the need for personal hygiene and dental care?			

Continue on back »



INTEGRATED SUPPORTS STAR | SUPPORTED DECISION-MAKING

Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This star will help families and individuals think about how to work in partnership to support their vision for a good life.



- Charting the Life Course-examples of tool
- Find at: [LifeCourse Nexus-Supported Decision Making](#)

We are here to support you!

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For more information visit

www.michiganallianceforfamilies.org

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In collaboration with



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