


Self-Determination-Series 2
Session 4: Attitude, Person-Centered Planning, and Supported Decision Making

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Welcome back!


Train or Airplane?




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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



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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



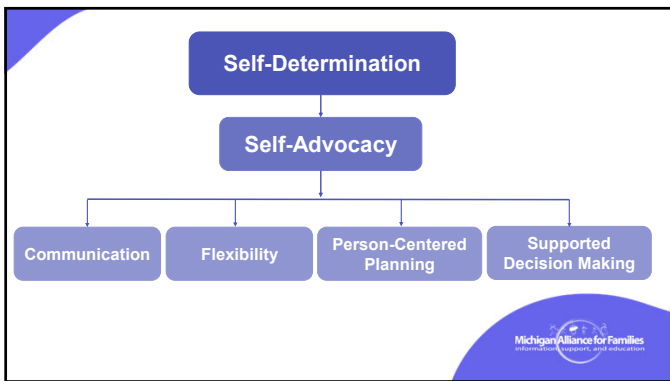

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Today

- 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

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When thinking about self-advocacy

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

True or false?

TRUE!





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What is a self-advocate?

YOU...


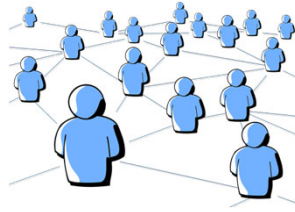
- Knowing what you and what is possible for you!
- Having more control of you
- Making life (decisions or donations) with people who can (shadow or support) you.



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Communication Review

VERY Important for Self-Advocacy




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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)



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2-Way Communication is...



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



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**Review
Communication
BUILDERS:**





**What We Should Do
When Communicating**



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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



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Communication Busters

Can make communication difficult for 2-Way Conversations





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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)



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Communication Busters

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




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Think it, Or Say It...



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




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Think It or Say It?

I like your hair cut.

- Say it




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Think It or Say It?


You look sick.

- Think it




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Think It or Say It?



How much money do you make?

- Think it



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Think It or Say It?

Your shoes are cool!

- Say it

You look like you are in your 50's.

- Think it



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Think It or Say It?

Why are you in a wheelchair?

- Think it



Your sister seems nice.

- Say it




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Review Non-Verbal Communication

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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

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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




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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 



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Body Language

<p>Positive</p> <ul style="list-style-type: none"> • Smiling • Facing you • Looking at you • Nodding • Sitting up straight 	<p>Negative</p> <ul style="list-style-type: none"> • Frowning • Arms crossed • Hands on hips • Slouching • Talking with hands • Looking at their watch or phone 	
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Flexibility-Review

When I am flexible, things are easier.



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Being Flexible

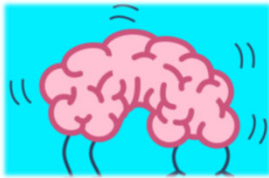
Changing how we act or respond, thinking differently, or trying new things can be hard



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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"



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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


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You decide...


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



Inflexible and not compromising




Being flexible and compromising




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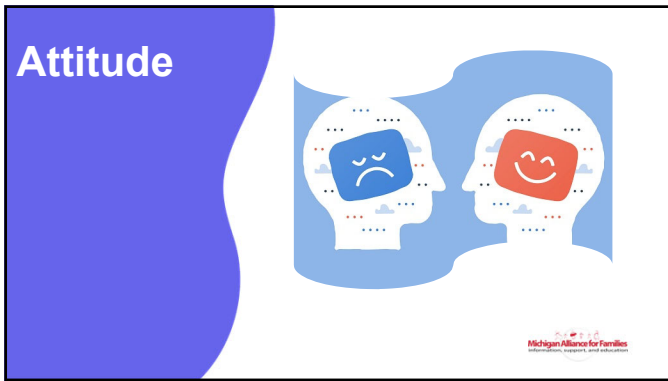
When Flexibility is Hard



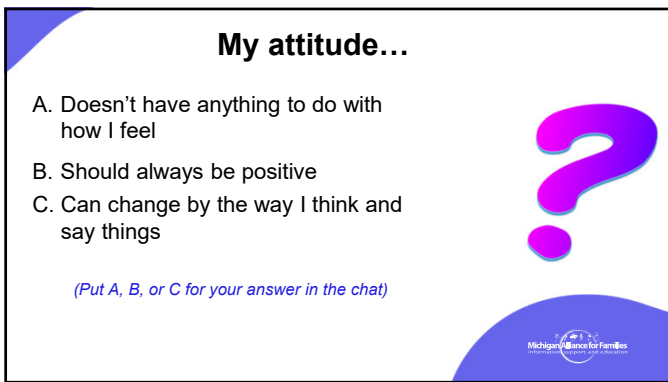
- **S**___ - before I say or do anything
 - *Stop*
- **T**___ - about how I feel and why being flexible is hard
 - *Think*
 - "Do I have control over the situation?" or "What is their point-of-view?" "Can we compromise?"
- **C**___ - how I will handle being flexible
 - *Choose*



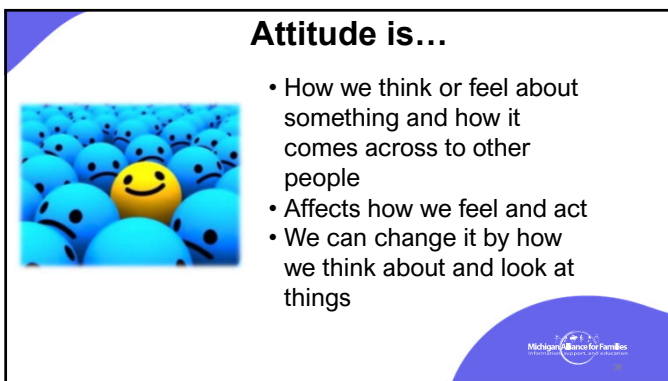
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Use Positive Words

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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

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Positive vs. Negative

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

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Change the Words

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

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Video-Positive Thinking

What changed Jack's attitude?

<https://www.youtube.com/watch?v=NL1JEn3ahx8>



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Person-Centered Planning (PCP)

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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





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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!




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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)



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Focus Person

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



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Planning for the Future is Important

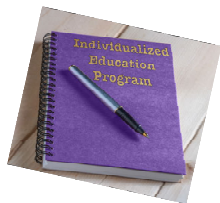
- Your routines, needs, and supports
- Where you might live
- How you will pay for things
- How you will stay healthy and work with your doctors and others
- Making decisions and problem-solving
- What you want to do for work and fun
- What you want to have for friendships, interests, relationships,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



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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



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Supported Decision Making



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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



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Video-Supported Decision Making (SDM)




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

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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


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SDM Tool




www.undivided.io


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



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Home Activities






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Next Steps:

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



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Home Activity Checklist

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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.

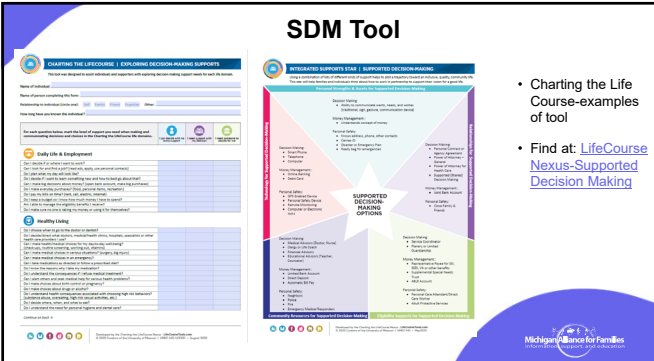
Done	Activity
<input type="checkbox"/>	Review the Class 4 PowerPoint and Handout on Attitude, Person-Centered Planning, and Supported Decision Making
<input type="checkbox"/>	Home Activity-Worksheet 1: Complete the Turning Negatives to Positives worksheet
<input type="checkbox"/>	Home Activity-Worksheet 2: Complete the Charting the LifeCourse: Exploring Decision Making Supports work sheet
<input type="checkbox"/>	Home Activity: Complete the Charting the LifeCourse: Starter Star
<input type="checkbox"/>	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


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SDM Tool



Charting the Life Course - examples of tool

Find at: [LifeCourse Nexus-Supported Decision Making](#)



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We are here to support you!

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For more information visit
www.michiganallianceforfamilies.org

Call 800-552-4821
 En Español 313-217-1060
 اللغة العربية 248-963-0607
 Statewide Email: info@michiganallianceforfamilies.org




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