

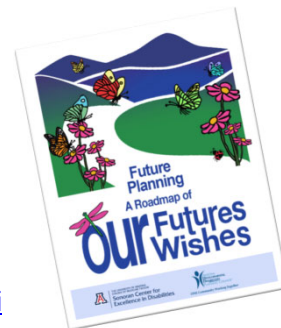
WELCOME

Adulting: What It Means to Me and My Future Session 1: Person Centered Planning August 1, 2020



Future Planning Workbook

- Helps you plan for the future
- Gives individuals and their families ideas to think about when planning
- Worksheets help you put your ideas on paper



<https://sonoranucedd.fcm.arizona.edu/publications/OurFuturesOurWishes>

Funded by the AZ DD Planning Council



Knowing Me: Discovering My Interests, Hopes and Dreams Through Person Centered Planning (PCP)

Melissa Kushner, Araceli Garcia & Mason Coady
August 1, 2020
Zoom



Presenters

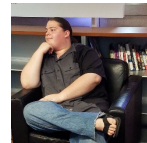
▪ Sonoran UCEDD at the University of Arizona

- Melissa Kushner, MSW
Program Coordinator, Sr.



▪ AZ Youth Leadership Forum Diverse Ability Incorporated

- Araceli Garcia
- Mason Coady



Overview

- What is Adulting
- Person Centered Planning
- Self-Determination & Self-Advocacy
- Araceli's & Mason's Success Stories
- Worksheets
 - Discovering "Important To" & "Important For"
- Setting Goals



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A graphic for a Menti.com poll. On the left, there is a blue silhouette of a person with a speech bubble containing a lightbulb icon, all enclosed within a large, hand-painted blue circle. To the right of this graphic, the text "What Do You Think?" is written in a large, bold, dark blue font. Below this, the text "Go to menti.com" is written in a smaller, bold, dark blue font.

**What Do
You
Think?**

**Go to
menti.com**

Adulting = Being an Adult

In one word, what do you think of when you think of being an adult?



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WHAT IS PERSON CENTERED PLANNING?

The Purpose of Person-Centered Planning (PCP)

- Include the you in planning process
- Listen to you and hear what you say
- Allow you to make choices
- Give you more opportunities to be involved in your community
- Help you identify your wants, interests, and dreams
- Develop a plan with your team to turn your dreams into reality



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PCP Principles

- **Self-Determination**
Make your own choices, take responsibility, have the kind of life you want
- **Family & Close Relationships**
Family is who you care about, your relationships are important, meeting new people helps you grow
- **Inclusion**
Belonging, being a part of your community



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Core Concepts of Person-Centered Practices

- Identify what is “Important To” & “Important For” the young adult
 - **Important To** – What you want and like to be happy and satisfied
 - **Important For** – Things you need to be healthy and safe

Make sure there’s a balance between the two



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How to Plan for Adulthood

- Create a vision of the future –your hopes and dreams
 - College or other training
 - Employment
- Think about what you want
 - Set goals
 - Make a plan to reach them



Reach for the stars!



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How This is Done

- Choose your planning team
- Get to know yourself better – identify
 - Things you're good at (strengths)
 - Things you like (interests & preferences)
 - Things you know how to do (skills)
- Focus on what you CAN do
- Try new things



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Who Should Be Part of the “Planning Team?”

- The young adult – ***Always***
- Important people in your life
 - Who do you feel close to?
 - Who do you like to spend time with?
 - Who do you go to for help or advice?
 - Who understands your wishes?



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Planning With a Team

Why it helps to plan with a team:

- You get to hear the great things people think about you
- They can help you find resources
- They can help you to reach your goals



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A blue icon depicting a person's silhouette with a speech bubble containing a lightbulb, symbolizing an idea or thought. The icon is set against a white circular background with a blue brushstroke effect.

What Do You Think?

Go to
[menti.com](https://www.menti.com)

Getting to Know Me

Young people,

- Pretend you are meeting someone for the first time, whom you will be spending a lot of time with.
 - What is one thing you would want them to know about you?



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A blue icon depicting a person's silhouette with a speech bubble containing a lightbulb, symbolizing an idea or thought. The icon is set against a white circular background with a blue brushstroke effect.

What Do You Think?

Go to
[menti.com](https://www.menti.com)

Getting to Know the Young Adult

Parent or support person

- The young adult is meeting someone for the first time, whom they will be spending a lot of time with.
 - What is one thing you would want them to know about him or her?



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Skills to Learn

Self-Determination



Self-Advocacy



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Things you Need for Self-Determination

- Control
- Choices
- Goals
- Responsibility
- Risks



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How This Helps Self-Determination

- People have the right to try – including the right to try, fail, and try again (dignity)
- Opportunities to do new things
 - Goals that help us grow
 - Learn new things about ourselves
 - Surprise ourselves
 - Do better than expected



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Self-Advocacy

- Speaking up for yourself
- Understanding yourself
- Learning how to get what you want
- Solving problems
- Knowing your rights
- Asking for help



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Person Centered Planning Success Story

Araceli Garcia



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Person Centered Planning Success Story

Mason Coady



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Things or Activities

That Bring Me Joy and Make Me Feel Good

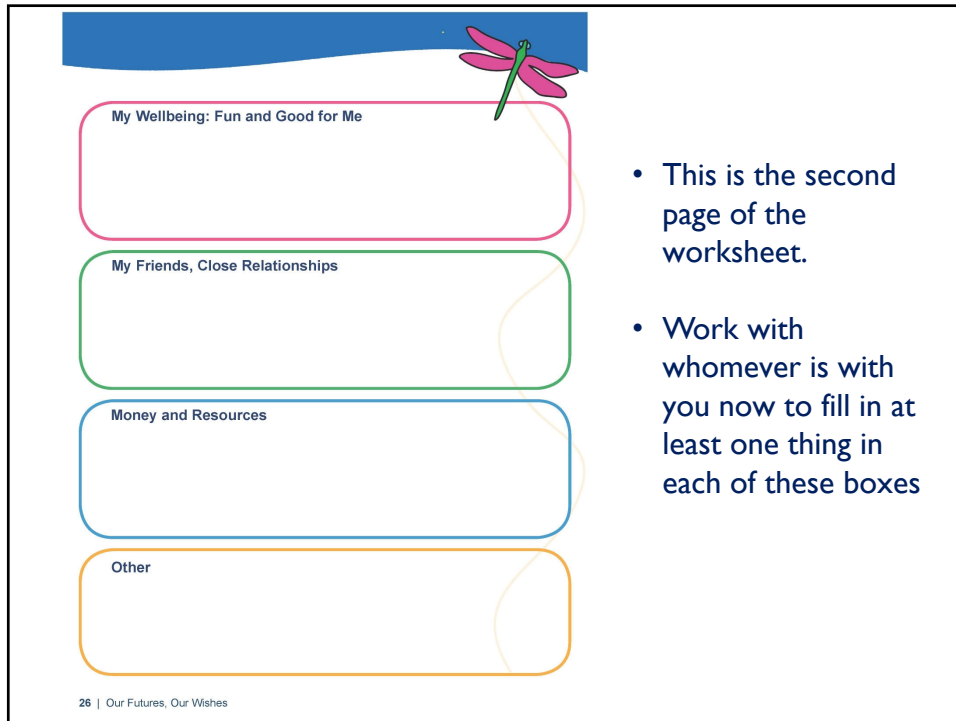
There are different parts of a person's life. In the following boxes, write down things, activities, or behaviors that make your life a "good life." Fill in as many boxes as you can. Talk about what you wrote down with people who know you now and people who want to know more about you.

Where I Live

Where I Work or Spend a Lot of Time

My Health

- Look at this worksheet from the workbook
- Work with whomever is with you now to fill in at least one thing in these boxes



The worksheet features a blue header bar with a pink dragonfly illustration. Below it are four rounded rectangular boxes in pink, green, blue, and orange, each with a title. A yellow wavy line runs vertically on the right side of the boxes.

My Wellbeing: Fun and Good for Me

My Friends, Close Relationships

Money and Resources

Other

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- This is the second page of the worksheet.
- Work with whomever is with you now to fill in at least one thing in each of these boxes



The slide features a large blue brushstroke graphic on the left. Inside the brushstroke is a blue icon of a person with a speech bubble containing a lightbulb. To the right of the graphic is the text 'What Do You Think?' in large blue font, followed by 'Go to menti.com' in smaller blue font.

What Do You Think?

Go to [menti.com](https://www.menti.com)

What Did You Write?

Go to [menti.com](https://www.menti.com) and enter one of the things you identified on the worksheets.



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Important To and Important For

Important To:

Important For:

What hopes, dreams, likes, dislikes, places, and special interests are important?

What is needed to ensure health and safety and become a valued member of the community?

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Look at what you wrote on your “Things or Activities” worksheet:

- Which of the things you identified are “Important To” You?
- Which of the things you identified are “Important For” you?


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Important To and Important For

Next Steps

Sometimes what is important to the person does not always match what is important for them. Here are some questions to think about and share with each other. Involve other people that play important and supportive roles.



How do we know what is important to the person?

How does _____ express him or herself through words or behaviors?

Finding a balance between "Important To" and "Important For" requires tradeoffs. What are we willing to give up?

What information do we need to make informed choices?

What experiences do we need to explore or try in order to identify what may be a risk?

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SMART Goals

Setting SMART goals allow you the best chance of success.

Stated and Specific

Marked and Measurable

Actionable and Achievable

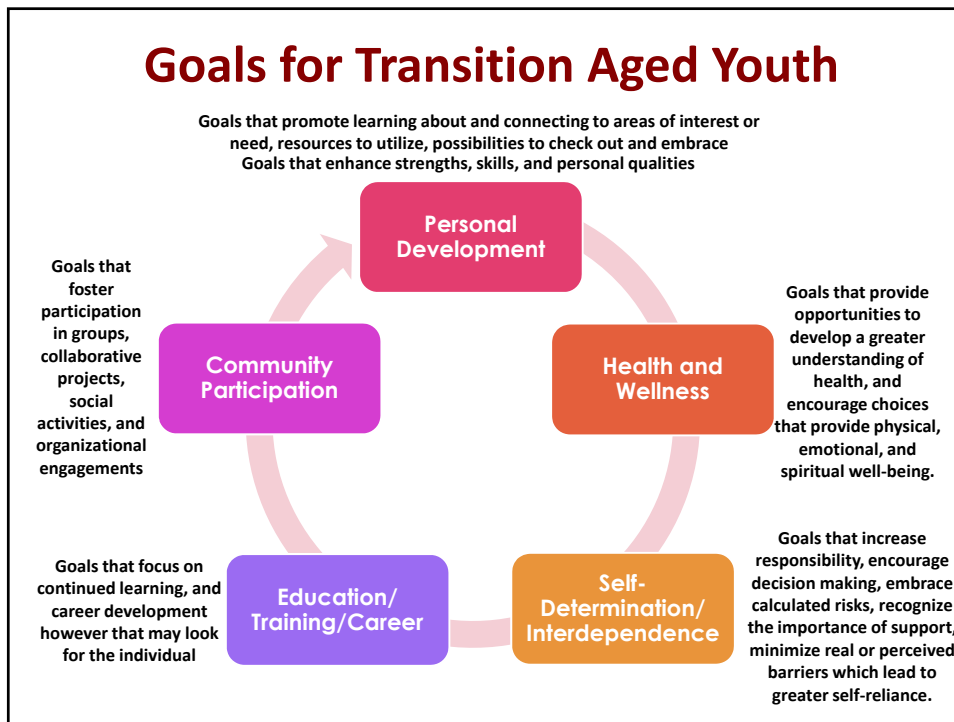
Relevant and Realistic

Timely and Tangible





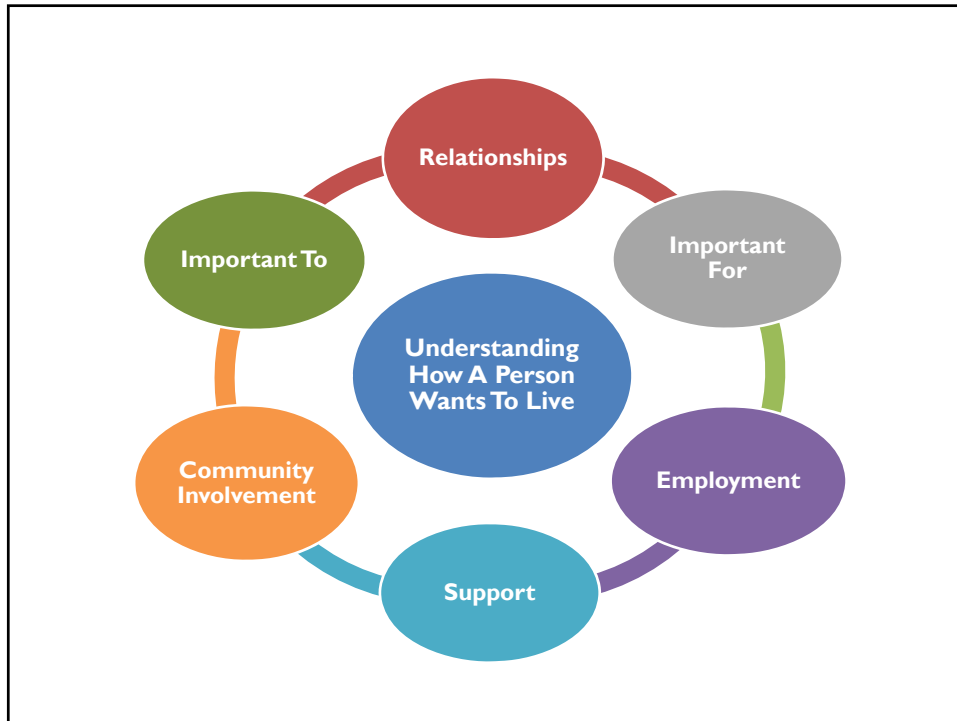




The End Result

- A complete picture of you which identifies your:
 - Strengths and preferences
 - Goals and wishes
 - Services & supports you need to achieve your “good life”

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What Do I Do with This Information?

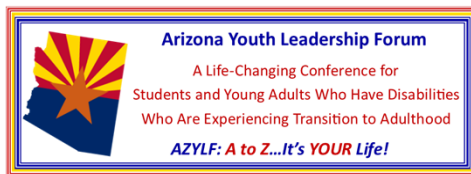
- Share it with others
- Can be a great starting point to help with other plans:
 - Individualized Education Plan (IEP)
 - School
 - Individual Support Plan (ISP)
 - DDD
 - Individualized Plan for Employment (IPE)
 - Vocational Rehabilitation
 - Resume for finding employment



Questions or Comments



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Acknowledgements

Mellie Santora – Diverse Ability Incorporated

Araceli Garcia

Mason Coady

Lynne Tomasa, MSW, PhD

Jacy K. Farkas, MA, ABD

Michael Smull - The Learning Community

AZ PCP & Transition Stakeholder Workgroup



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