



Disability Hub MN™: A Resource Network

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Community Capacity Builder
Disability Hub MN™



What are Person-Centered Practices?

- Continuum of strategies and activities that support the informed choice of students and families to make or have input into both
 - Major transitions, and
 - Everyday life decisions.
- Focus on the interests and needs of the person receiving instruction or support.
- Emphasize each person's strengths and dreams rather than weaknesses or deficits.

Why use Person-Centered Practices?

- Ensure that all students and their families have teams that use the most current information about their strengths, interests and needs
- Make informed choices about learning, working, living and playing in the most integrated settings possible
- Students can be even more active members of their
 - Home,
 - School, and
 - Local community

The Learning Community for Person Centered Practices



The Learning Community for Person Centered Practices envisions a world where all people have positive control over the lives they have chosen for themselves. Our efforts focus on people who have lost or may lose positive control because of society's response to the presence of a disability. We foster a global learning community that shares knowledge for that purpose.

How do we get to know students ...

- **Evaluation Report (ER), sometimes called Evaluation Summary Report (ESR)**
 - Functional Behavioral Assessment (FBA)
- **Individualized Family Service Plan (IFSP)**

More of how do we get to know students...

- **Individualized Education Program (IEP)**
 - Present levels of academic achievement and functional performance (PLAAFP)
 - Progress report (PR)
 - Limited English proficiency (LEP) impact on learning and progress
 - Assistive Technology (AT) devices and services considerations
- **Personal Learning Plan (PLP) process (grades 9–12)**
 - Individual Service Plan (ISP)
 - Summary of Performance (SOP)

If technical information is our first introduction, it may look like the following ...

- 'Communication skills are significantly different from typically developing peers...'
- 'Referred to public school by pediatrician...'
- 'Presenting concern with delay of speech...'
- **'Responds to the word 'stop' and 'no' and follows routine cues...'**
- **'Makes wants and needs known by pulling adult to items or pointing...'**
- 'Fine motor skills during functional activities observed to be discrepant from same-age peers...'
- 'High level of distractibility...'

Chandran

If technical information is our first introduction, it may look like the following ... continued

- 'Able to use a neat pincer grasp...'
- 'Impairments in joint attention, reciprocal, social/emotional skills and limited peer interactions appropriate to age...'
- **'Does not spontaneously respond to greeting/goodbye initiated by others...'**
- 'Safety concerns in the community...'
- **'Delayed expressive/receptive communication and sensory processing skills...'**
- 'Hand-to-hand transfer...'

Chandran

What do we know about Chandran?

- How do we feel about this as an introduction to him?
- Are we excited to meet him?
- Are we excited to support him?

Is there another way?

Chandran's One-Page Description

What others like and admire about Chandran:

- Happy
- **Expressive**
- **Curious**
- Loving
- Snuggler



What's Important to Chandran:

- His family, especially his big **sister Michelle**. He loves snuggles from her.
- Loves **looking at his surroundings** and **noticing what is in his space**
- To make friends and have fun with others.
- To feel comfortable in his surroundings which includes not being too hot, not wearing itchy tight clothing, being hungry, being tired, feeling sick, and not being able to move

How to support Chandran with education:

- Knowing what is happening now and what is coming next
- When in a space transition, give him **5 minutes to explore his surroundings before jumping into a lesson plan**
- Reminder to say hello to his friends during morning meeting. Briefly say, "Chandran, let's all say good morning to our friends. Big smile, ready..."
- When he **pulls on your shirt**, look at Chandran and say, "**Chandran, how can I help you.**" He usually pulls on clothes when he wants a teacher to help him get something or when he wants to play
- Chandran likes to look over his daily schedule on his own.
- Find a time for Chandran to **see Michelle during the school day**, especially if he is having a tough day

Now—What do we know about Chandran?

- How do we feel about this as an introduction to him?
- Are we excited to meet him?
- Are we excited to support him?



Objectives

- To understand the purpose of a One-Page Description (OPD)
- To understand the core headings always included in an OPD
- To identify where you can use creativity and judgment in creating an OPD
- To develop an OPD for yourself or a student
 - Hopefully, you have a student in mind
 - Important to practice with yourself
 - It's not necessarily that easy to do for ourselves

What is Important to me

- Be held upright like a big boy
 - Playing with people
- Cooing, smiling, and giggling with others
- Hitting the guys on my playmat and kicking my feet
- Looking out the window, or going outside
 - Tummy time
- Singing songs like head shoulders knees and toes
 - Listening to music
- Baby massage for relaxation
 - Playing with my feet
- Being with my Mommy and Daddy

Maxwell (3 months)



What others like about me

- Great big smile
- Cute laugh
- I give the best hugs
 - Big talker
- Always happy
 - Cutie Pie
- Mover and a Shaker

How to support/comfort me

- When I am tired I like to chill with my nuk and be held
 - If I get fussy you can rub your hands across the front part of my hair
- Hold me upright and walk around a little, you may pat my back lightly or rub my back
 - Sing to me, or play music, its relaxing
 - Always talk to me- I enjoy having a conversation with you
 - Talk with me and play when you change my diaper
- I will rub my eyes and yawn when I am tired. Sometime my eyes will look red. You can help me nap by holding me and have me use my nuk
- If I am napping and I wake up to early and fuss, please help me by giving me my nuk and rubbing my tummy lightly or running your fingers around the front of my hair. If I still don't go back to sleep, you may need to hold me and rock me.
 - I need a little time to get up from my nap. I may use my nuk.
- I do pace feeding with a bottle. Burp me and hold me upright after you give me a bottle

Purpose of One-Page Description

Descriptions are used for a specific purpose to introduce someone (e.g., new job, at the front of personal records, orientation for new staff, etc.)

Know the purpose before you create one

They are an at-a-glance, positive source of information about the person

Purpose of One-Page Description (continued)

They can also be used:

- As a way to introduce someone across **different settings** like school, home and community.
- When moving to a **new school**.
- When meeting **new people**, like a **new Intervener**.
- At the **front page** of a student's records to share when paperwork is transferred.
- As the beginning of a **more detailed Person Centered Description**.
- As the **basis for action**—going from an OPD to then asking what is working and not working from different perspectives and acting on this.

Or ... **They can be used throughout the lifespan and always support positive control for people**

Maxwell 3 Months

Maxwell (3 months)

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Liam's One Page Introduction



Liam's One Page Introduction

For **Medical** Appointments

What people **love** and **admire** about Liam:

- Silly -Goes with the flow
- Eager to learn -A good hugger
- Bright, good, sweet, and loving boy
- Likes an adventure -Great memory

SUPPORT Liam needs to help him stay happy, healthy, and safe:

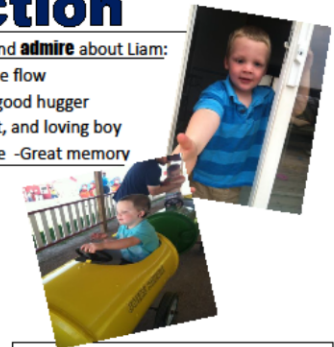
- Liam needs help knowing his surroundings to get around. Assist him in new environments so he does not get hurt. Ex: watch so he does not hit his head, get 'into stuff' he shouldn't, hold his hand.

-Liam uses his hands to communicate. It is important to be attentive to what he is saying or he will become frustrated. He uses tactile American Sign Language. (feels signs with his hands).

-Liam needs to know what is happening first before any procedure or task begins. For example: before you listen to his heart, let him feel the stethoscope and touch his chest where you are going to listen. Another example: if you want to weigh him, allow him to feel the scale.

-If he seems to be getting frustrated he may need a break. A break may include the following: walking in the hallway (assisted), checking out new toys/books, or introducing him to new friends.

-Liam is happiest and most cooperative, when he is not kept waiting long.



Things that are **IMPORTANT TO** Liam:

- Know where Mom and Dad are
- Meeting new friends
- It is important to Liam to know who you are by feeling your identifier (a watch, ring, necklace, bracelet, name tag, etc..) and also letting Mom or Dad introduce you.
- Liam likes going to medical appointments. He likes to say hi to the doctors/nurses and feel new things.
- Liam likes to be heard and responded to. For example: if he signs something, he will expect an answer back.
- He enjoys toys that are cause and effect (push a button and they do something), shape sorter toys, a random collection of toys that are placed in a bin, books that have Braille or parts you can touch...
- snacks/drinks: Liam likes drinks of water (Dixie cups work great) and all different kinds of snacks or treats (crackers, cookies, suckers, fruit snacks, fruit etc.)

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Elizabeth Kate's One-Page Description



IT'S ALL ABOUT ME
ELIZABETH KATE

What we love about Elizabeth!
(see pages 4-5 for more info)

- She's a determined self-advocate – ask her about her rally speeches
- A gutsy gal
- Talk about organized!
- A true blue friend
- She lights up a room!
- She's a Fashionista

A Few Things That Are Important TO Me...
(Please see pages 6-10 for more information)

- My independence
- A thriving social life
- Being organized and prepared
- School – Graduation in May 2011!
- Taking good care of myself
- Routines
- Planning for the future – including a job, an apartment, and a boyfriend
- Everything Michael Jackson
- Diet Coke
- Singing at church
- Fun with friends & family
- Writing in my journals
- Avoiding conflict
- Fashion
- Close relationships with Family & Friends

...And A Few Things That Are Important FOR Me:
(Please see pages 11-13 for more information)

- CPap machine, plenty of sleep (may include naps)
- Seizure medications
- Healthy diet and exercise
- Writing in my journals
- Conflict free environments & relationships
- Avoiding a "fireball"

Here's How You Can Support Me:
(Please see pages 12-14 for more information)

- Help me with time, money, cooking shopping & some cleaning
- Help me find a job and job training
- Assist me to fix my hair & pick out cute outfits
- Help me make healthy food choices and to exercise
- Understand if I'm upset, I'm probably tired.
- Talk to me nicely & quietly. No bad words.
- When people around me are angry or there is conflict, help me get away
- Help me understand what's going on, what to expect

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Conejo Team One-Page Description

Conejo Team



Great Things about our Team

- Knowledgeable
- Creative & Experienced
- Compassionate & Conscientious
- Friendly, Empathetic & Patient
- Flexible, Intelligent & Responsive
- Responsible, Ethical & Dedicated
- Person Centered
- Active Listeners
- Good Team Players
- Value Helping Others
- Positive Team
- Open to Learning
- Receptive to New Ideas



Important to our Team

- Having a Healthy Work Environment
- Supportive Manager
- Have Fun
- Support TCRC Mission Statement
- Positive Attitude
- Sharing Information & Resources
- Time Management
- GREAT Parties



Important For Our Team

- To get along with each other
- Mutual Respect
- Personal Growth
- Work with families and vendors in a collaborate manner
- Planning Team works toward the benefit of all
- Knowledge of services & resources
- Clear understanding of expectations, responsibilities, roles & goals

Additional Information about our Great Team

- Like to celebrate each other's special events
- Very Sociable
- Stylish



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One-Page Descriptions Must Include



What **must** be included:

- What people like and admire
- What is most important to
- How to best support the person

What people like and admire

- A proud list of people's positive qualities, strengths, gifts and talents
- What are the cool things about you or your student?
- Be clear and **avoid words like usually or sometimes**
- Do not use jargon words—socializes with peers well
- What would you say about other people around this age?
- Find out from the person the things they are proud of and ask their team members.

This is a positive list. What makes the person unique?



What is most important to me

- This section should have enough information that someone that does not know you well would know what is important to you. If you took the names out, would people know it was you?
- Include things about your life
- Include enough detail, so people know who you are and what you value most

What makes
you happy

Hobbies and
interests

Things to do and
place to go

Things to have

People to be with...
families, buddies
and besties

Routines

Pace and
Rhythm of the
day

Decision making

How to best support me

- Include what is helpful and what is not
- **Be specific** – What does support or help mean?
 - Think about environment
 - Learning vs. social environments
 - Classroom vs. non-classroom settings
 - Think about routine and comfort
- How do we help the person be their best



One-Page Descriptions May Also Include

- Hopes and dreams for the future
- How I communicate with you
- Characteristics of people who best support me
- My story/history
- Things I don't like
- What is important to my family
 - For some students, this may be a required element
- Other

Who may have the best information for the description?



If you are looking for people who may be able to contribute, ask them:

- What do you like about the person?
- What do you admire about the person?
- When was the last time that you had fun with the person?

Recommendation: If they can answer these three questions, and add even more details, then prioritize them for the person to consider reviewing their info to add/update their One-Page Description over time.



Thank you!

Your best life, your way.

Disability Hub MN is a free statewide resource network that helps you solve problems, navigate the system, or plan for your future. Our team knows the ins and outs of community resources and government programs, and has years of experience helping people fit them all together