Show Me Options
Aging and Disability Resource Center of Northwest Missouri

Person-centered Principles & ADRC Activities

Handout 15

Seeing People from a Capacity & Community Perspective

Public education	Information & referral	Options consulting
• Materials use people first language • Emphasize individuals, rather than classes of people • Stress value of individuals gifts and talents to others	• Take time to get the story • Seek to learn about people's interests gifts and talents • Community is for all	• Work with the individual to design a planning process that works for them • Assist in helping the person identify allies who can participate and support • Assure the person remains the focus of the planning • Focus on capacities rather than deficiencies

Planning as Vision and Opportunity

Public education	Information & referral	Options consulting
• Emphasize tailoring resources and supports around the individual • Strengths and capacities of the community • Strength in diversity	• Determine the kind of life the person wants • Help them figure out the support they need • Identify and suggest community resources available	• Be sure options are a good fit for the individual; ie, are consistent with what we know about them • Create a clear picture of a desirable future • Don't let planners concerns about needed support get in the way, ie, first the what, then the how

Honoring Choice and Self-determination

Public education	Information & referral	Options consulting
• Emphasize that ADRC functions as a service; ultimate decisions belong to individuals • Information is power—ADRC empowers people	• Offer suggestions and resources, but know it is the individual who must make the decision • Seek to simplify and make understandable complexities that people may be faced with • Relate advantages and disadvantages of particular options	• Check in with the person about ideas and actions before, after and during planning sessions--what's working/ what isn't. • Develop strategies for engaging the individual in the planning process; this is especially important when the person may have negative images or an undesirable reputation

Facilitating Community Partnerships

Public education	Information & referral	Options consulting
• Relate how ADRC's work with other community agencies and state agencies • Relate and give examples of natural support and collaborative assistance	• Explore sources of natural support • Explore possible generic community support and resources • Build and create partnerships with other potential sources of support and assistance (housing, volunteer opportunities, in-home assistance, personal assistance services)	• Emphasize that in grassroots planning, the planners are the doers. • Involve supporters in the work to be done • Encourage supporters to spend time • Invite new people into the planning process as ideas emerge • Make meetings an opportunity for review and progress as well as fellowship/ camaraderie.

		• Celebrate accomplishments

Policy that Supports People

Public education	Information & referral	Options consulting
• Explain impact of rules, regulations and policies; be familiar with eligibility criteria • Explain how to navigate systems • Provide examples of strategies that enable people to get what they want	• Have an understanding of rules regulations and policies • Recognize when a policy or procedure is a barrier • Advocate as appropriate • Suggest self-advocacy strategies	• Recognize policy barriers (we have never done that before) • Develop and propose strategies for seeking support from key people in authority • Encourage development of "experiments in innovation." • Look for champions for change