

# Self-Determination-Series 2

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

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Stacie Rulison, Facilitator



**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 communication builders and busters and non-verbal communication
- 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**

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graph TD; A[Self-Determination] --> B[Self-Advocacy]; B --> C[Communication]; B --> D[Flexibility]; B --> E[Person-Centered Planning]; B --> F[Supported Decision Making];
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**Self-Advocacy**

**Communication**

**Flexibility**

**Person-Centered  
Planning**

**Supported  
Decision Making**

# When thinking about self-advocacy

- A. Communication really doesn't matter so much
- B. Communication is extremely important to letting others know what we want or need
- C. If my parents or guardian know what I want or need, I don't need to worry about communicating

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



# What is a self-advocate?

## YOU...

- Know what you want and what is possible for you!
- Have more control of your life
- Make life decisions \_\_\_\_\_ with people who can support you
  - *Decisions, support*

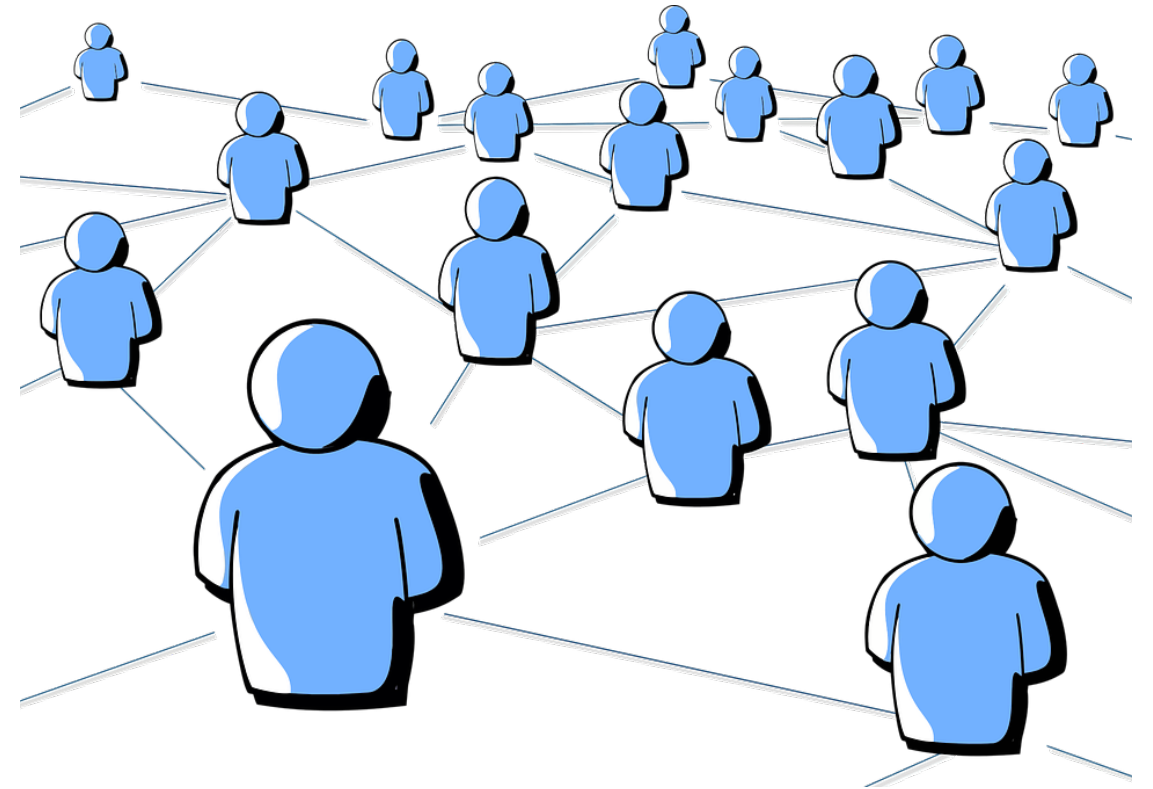




# Communication Review

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**VERY Important for  
Self-Advocacy**



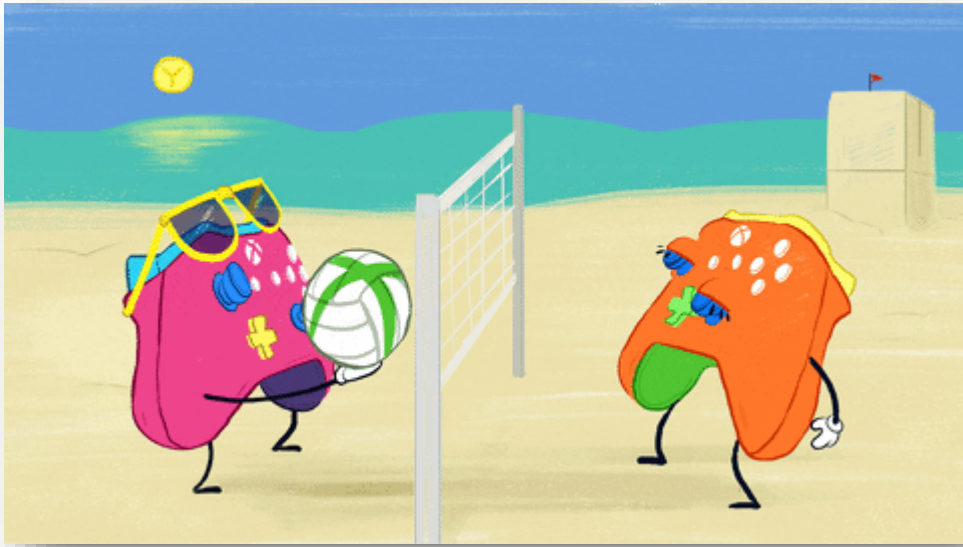
# Which is a communication **builder**?

- 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**

# Communication **Busters**

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



# Think it, Or Say It....



?

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





# 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)*

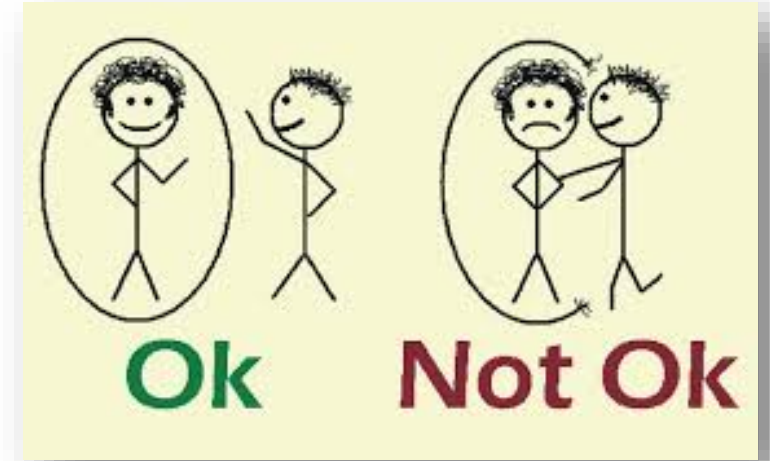


# Review Non-Verbal Communication



# 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 form 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  
   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”
- 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 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?

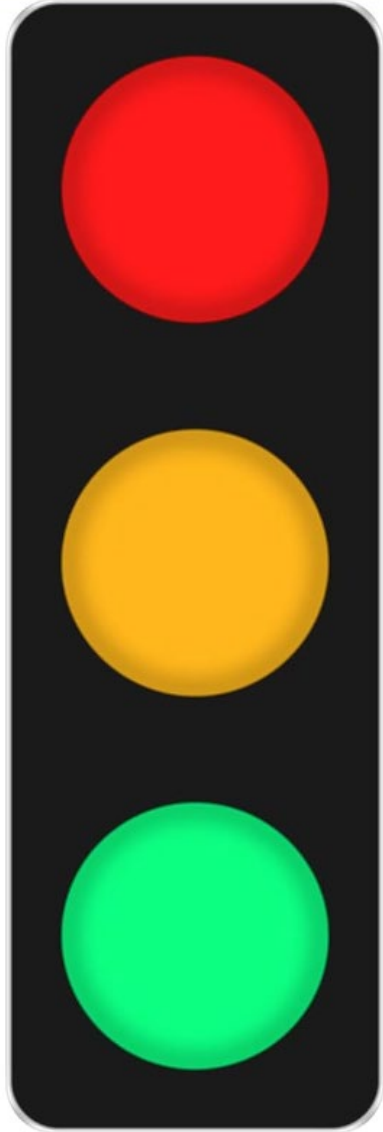


Inflexible and not  
compromising



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 be changed 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

# Positive vs. Negative

Use different words than:

- No
- Not
- Won't
- Can't
- Don't





# 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

## Examples:

- 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 to get 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?

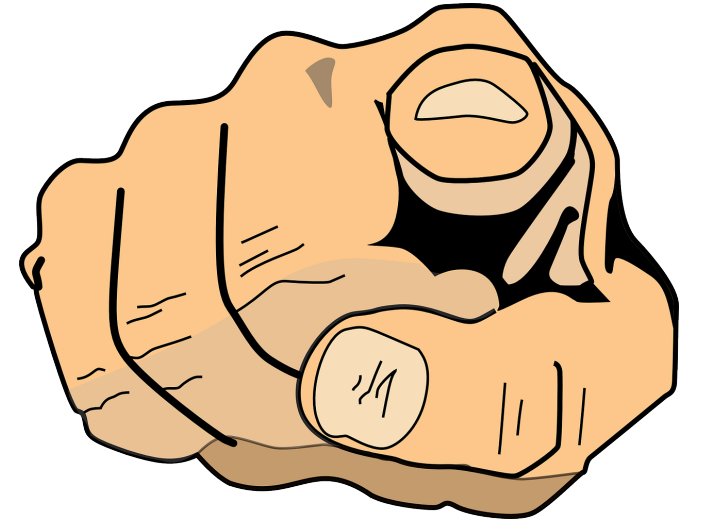
<https://www.youtube.com/watch?v=Nl1JEn3ahx8>

# Person-Centered Planning (PCP)



# Person-Centered Planning (PCP)

- You are the “center” of all planning about you
- 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)



- Helps you think about the possibilities for your future
- You have help setting goals and making choices
- You have people 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 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 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**

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

[www.undivided.io](http://www.undivided.io)

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

# Home Activities





# 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 Handout on Attitude, Person-Centered Planning, and Supported Decision Making
	Complete the Turning Negatives to Positives worksheet
	Complete the Charting the LifeCourse: Exploring Decision Making Supports work sheet
	Complete the Charting the LifeCourse: Starter Star
	Review the resources on the Person-Centered Planning and Supported Decision-Making handout

- 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

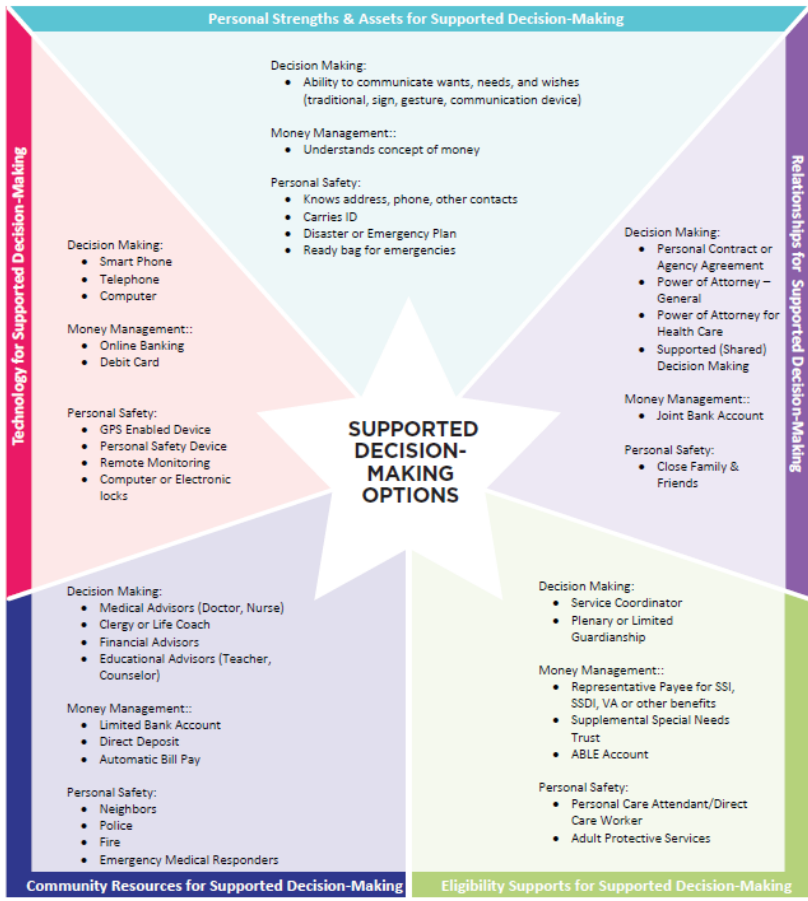
Do I choose when to go to the doctor or dentist?			
Do I decide/direct what doctors, medical/health clinics, hospitals, specialists or other health care providers I use?			
Can I make health/medical choices for my day-to-day well-being? (check-ups, routine screening, working out, vitamins)			
Can I make 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](#)

# Next Steps:

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

# We are here to support you!

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For more information visit:

<https://www.michiganallianceforfamilies.org>

Call: 800-552-4821

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# Michigan Alliance for Families

Michigan Alliance for Families is an IDEA Grant Funded Initiative of the Michigan Department of Education, Office of Special Education, and Michigan's federal Parent-Training and Information Center (PTIC) funded by U.S. Department of Education, Office of Special Education Programs (OSEP).

[www.michiganallianceforfamilies.org](http://www.michiganallianceforfamilies.org)

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