


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



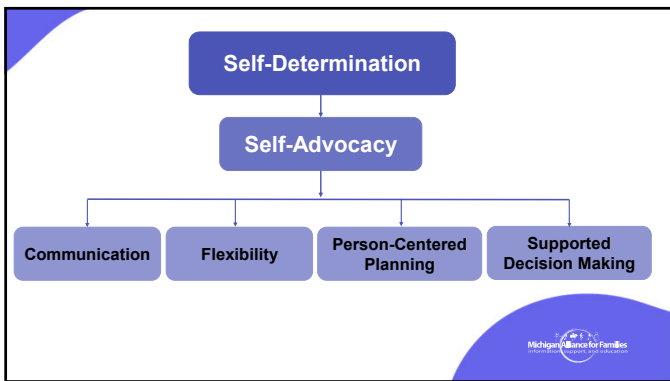
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Today

- Review 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



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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)






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What is a self-advocate?

YOU...

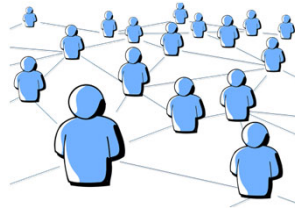

- Know what you and what is possible for you!
- Have more control of you
- Make life d_____ with people who can s_____ you
 - *Decisions, support*

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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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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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Which is a communication **buster?**


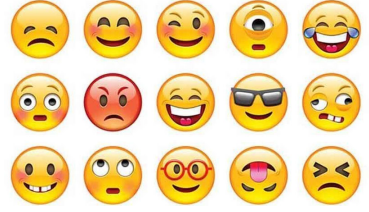
- A. Looking toward the person
- B. Trading information
- C. Talking about risky topics

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



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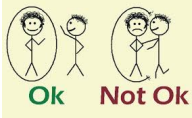

Review Non-Verbal Communication



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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 form 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 messages (of any kind...text, voice mail, email, social media, etc.). If they don't respond, move on!


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two 



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Body Language

| | | |
|---|--|---|
| Positive <ul style="list-style-type: none">• Smiling• Facing you• Looking at you• Nodding• Sitting up straight | Negative <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"
- 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 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

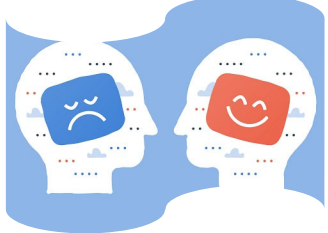



- **S**____ - before I say or do anything
 - *Stop*
- **T**____ - about how I feel and why being flexible is hard
 - *Think*
 - “Do I have control over the situation?” or “What is their point-of-view?” “Can we compromise?”
- **C**____ - how I will handle being flexible
 - *Choose*



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Attitude






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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)

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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



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Positive vs. Negative

Use different words than:

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



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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


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*




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Video-Positive Thinking



What changed Jack's attitude?



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Person-Centered Planning (PCP)



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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





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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)



- 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)



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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

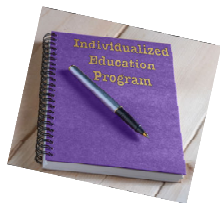
- Your routines, needs, and supports
- Where you might live
- How you will pay for things
- How you will stay healthy and work with your doctors and others
- Making decisions and problem-solving
- What you want to do for work and fun
- What you want to have for friendships, interests, relationships,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




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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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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 Handout on Attitude, Person-Centered Planning, and Supported Decision Making |
| <input type="checkbox"/> | Complete the Turning Negatives to Positives worksheet |
| <input type="checkbox"/> | Complete the Charting the LifeCourse: Exploring Decision Making Supports work sheet |
| <input type="checkbox"/> | Complete the Charting the LifeCourse: Starter Star |
| <input type="checkbox"/> | 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

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SDM Tool

Charting the Life Course-examples of tool

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

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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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We are here to support you!

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For more information visit:
<https://www.michiganallianceforfamilies.org>

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