

Transition and Person-Centered Planning

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Choose Your Own Adventure

Supplemental
Security
Income (SSI)

Skill
Building

Credentials

College

Medicaid

Self-Advocacy

Career and
Independent
Living

Community
Mental
Health

Self-
Determination



Age of Majority in Michigan

18

- Educational authority
- Legal authority
- Medical authority
- Financial authority

Pages 29-30 of the MITT Guide to Transition



What Is Supported Decision-Making?

- Formal or informal tool
 - Making important decisions with help from family, trusted friends, and/or professionals
 - Long-term plan for assistance
 - Pages 30-32 of the MITT Guide to Transition
- All adults have the right to make decisions, to direct one's life, to be treated with dignity, and to be respected as an autonomous adult.
 - All adults seek advice from family, friends, and experts when making important decisions.
 - Many options, other than guardianship, are available to support decision-making.
 - Person-Centered Planning and Self Determination guidelines mandate that the choices of adults with disabilities are respected and honored so that they maintain autonomy.
 - Many ways to support individuals in making decisions and directing their own lives

Supported Decision-Making Protects Civil Rights.

False

- There's only one type of power of attorney.
- Supported Decision Making Agreements are only valid if the person is verbal and fully understands the document.
- Power of Attorney grants a person unlimited control.
- Power of Attorney can never be changed.
- Supported Decision Making Agreements are not recognized by schools or other agencies.

True



Informal Systems of Support

- Families, friends and allies (or Circles of Support)
- Provide more protection for a person than guardianship can provide through their guidance, counsel and expertise
- Negate the need for evaluation of an individual's competence
- Enable multiple people to help a person rather than a single guardian



Formal Systems of Support

- Supported Decision-Making Agreement or Power of Attorney or Patient Advocate
- Young adults in school, and their families, can use the IEP planning process to support autonomy, decision-making, and self-determination
- Support and education are provided by a variety of advocacy organizations
- Community Mental Health programs must support and implement the principles and practices of Self-Determination

[Supported Decision-Making Toolkit – State of Michigan](#)

The Arc Michigan: Rethinking Guardianship/Supported Decision-Making
<https://arcmi.org/resource-center/documents/>



Supported Decision-Making at College



- Application and admissions process
- Financial aid process
- Self-disclosure of disability
- Request for accommodations
- Balancing workload
- Setting and achieving personal goals

Pages 37-38 of the MITT Guide to Transition

Supported Decision-Making at Work

- Application and hiring process
- Self-disclosure of disability
- Request for accommodations
- Daily routine
- Transportation
- Balancing workload
- Requesting time off or a raise
- Setting and achieving personal goals
- Job or career?



Supported Decision-Making in Healthcare

- Self-awareness
- Scheduling appointment
- Reliable transportation



- Communicating needs
- Choosing a treatment plan
- Following instructions
- Managing medication

Pages 33-36 of the MITT Guide to Transition

Supported Decision-Making in Daily Life



What is Guardianship?

- Legal relationship
- One person has full or partial authority over another person
- Court-appointed

Having a guardian impacts a person's right to:

- Residence and travel
- Choice of friends
- Healthcare and medical decisions
- Access to personal finances
- Right to contract
- Possess a driver's license
- Own property
- Marriage
- Dating and romance

Guardianship Law (MCL 330.1602)

<http://legislature.mi.gov/doc.aspx?mcl-330-1602>

Guardianship takes away a person's civil rights.

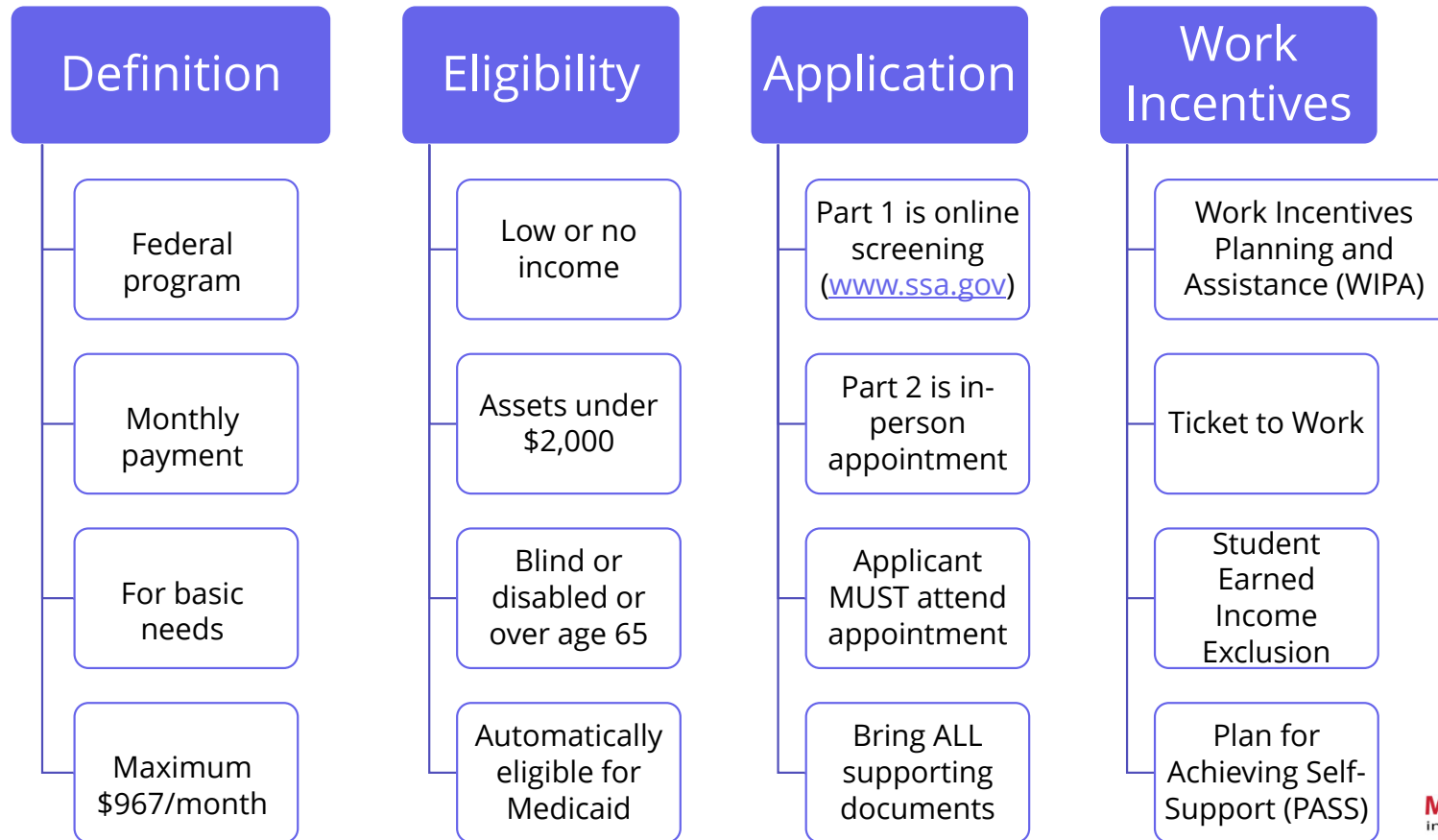
False

1. Parents automatically become the guardian for their adult child with a disability.
2. Schools require that a parent obtain guardianship of their adult child in order to attend IEP meetings.
3. Guardianship protects the person.
4. Guardianship prevents bad things from happening.
5. Guardianship ensures good things will happen.

True

- ➡ 1. To become someone's guardian, you must go to court.
- ➡ 2. Adults can give permission for their parents or any other trusted friends to attend IEP meetings.
- ➡ 3. When people have guardians, they can still be abused by friends, family members, or strangers.
- ➡ 4. Just like anyone else, they can be hit by a car, choose the wrong foods, destination, or friends.
- ➡ 5. Guardianship doesn't guarantee needed services or supports.

Supplemental Security Income (SSI) Basics



Supported Decision-Making with SSI

- Representative Payee
- Achieving a Better Life Experience (ABLE) account
- Manage assets
- Manage expenses
- Manage supporting documents
 - Photo ID
 - Residential lease
 - Medical statements/evaluations
 - Most recent bank statement
 - Most recent IEP



www.savewithable.com

Medicaid Basics

Health Insurance administered by Michigan Department of Health and Human Services (MDHHS)

- Doctor visits, prescriptions, surgery, etc.
- Durable Medical Equipment prescribed by doctor

If an individual is eligible for SSI, they are automatically eligible for Medicaid.

Includes Community Mental Health services (CMH):

- Job Development and Job Coaching
- Respite Services
- Community Living Supports (hiring staff)
- Skill Building

Medicaid pays for services that are **medically and clinically necessary**. Based on:

- Personal information
- Clinical information
- For community mental health services, based on the person-centered planning process



Apply for Medicaid online [MI Bridges \(michigan.gov\)](https://mibridges.michigan.gov)

Medicaid: Last Payer

Medicaid is always the last payer. If you have other insurance that will cover the equipment or service, it will be billed before Medicaid is billed.

Basics of Home Help Services

Adult with a Disability

- Adult with disability is enrolled in Medicaid
- Adult with disability needs hands-on physical assistance with Activities of Daily Living (ADLs) – using toilet, grooming, bathing, dressing, eating/feeding, moving around the home, transferring position
- Adult with disability applies for Home Help Services with assistance from doctor
- Applicant is interviewed by representative from Michigan Department of Health and Human Services (MDHHS)



Caregiver

- Family member, friend, or healthcare agency employee can apply to become the Home Help Provider
- Provider must apply through Michigan's Community health Automated Medicaid Processing System (CHAMPS)
- Provider is paid through the CHAMPS system

Home Help Services Brochure (Contact Medicaid worker to apply/schedule assessment)

<https://www.michigan.gov/mdhhs/-/media/Project/Web/sites/mdhhs/Adult-and-Childrens-Services/Adults-and-Seniors/Forms-and-Publications/DHS-PUB-0815.pdf?>



Basics of Food Assistance

Supplemental Nutrition Assistance Program (SNAP)

- Eligibility based on household size, monthly income, and assets
- Some expenses, such as rent, are deducted from countable income
- Usually age 22+
- [Apply online through MiBridges](#)

Michigan Combined Application Project (MiCAP)

- SSI beneficiaries
- No other income
- Age 18+ in Michigan
- Living independently
- Prepare meals separately
- Call 877-522-8050 to apply



What Are Community Mental Health Services?

- Contact your local community mental health agency to enroll.
- See pages 11-12 of the MITT Guide to Transition to find your local agency

Case management

Therapy

Peer-to-peer support

Paid staff

CMH services are important because they can provide lifelong supports to individuals with disabilities. Supports allow individuals to:

- live independently
- work
- be engaged in their communities

Skill building

Job coach

Housing assistance

"Medically necessary"



Person-Centered Planning strengthens the supports around a person to preserve the person's autonomy and decision-making, thereby rendering guardianship unnecessary.



Person-Centered Planning documents who the person has authorized to assist them in making life decisions



Self-direction is a way for people with disabilities to hire and manage providers of publicly funded services and supports with the help and assistance they need.

Person-Centered Planning and Self-Determination

Person Centered...

**Person
Centered
Thinking**

**Person
Centered
Practices**

**Person
Centered
Planning**

**Person
Centered
Planning
Process**

Person-Centered Planning Process

Person-Centered Planning is required by state law (Mental Health Code)

“Person-Centered Planning (PCP) means a process for planning and supporting an individual receiving services that builds on the individual’s capacity to engage in activities that promote community life and that honors the person’s preferences, choices and abilities”.

Michigan Compiled Laws MCL 330.1700(g)

PCP is a way for people receiving supports and services from the mental health system to set goals that they want to achieve and develop a plan to accomplish them.

The PCP process leads to the development of an Individual Plan of Service (IPOS)



Guiding Values and Principles

Person-Centered Planning is an **individualized** process designed to respond to the **unique needs and desires of each person**.

Every person is presumed competent to direct the planning process, achieve goals and outcomes, and build a meaningful life in the community. PCP should not be constrained by any preconceived limits on the person's ability to make choices.

Every person has strengths, can express preferences, and can make choices. The person-centered planning approach identifies the person's strengths, goals, choices, medical and support needs and desired outcomes. The person's choices and preferences are honored.

Choices could include:

- Family and friends involved in their life and PCP process
- housing
- Employment
- Culture
- Social activities and recreation
- Vocational training
- Relationships and friendships
- Transportation

Guiding Values and Principles - *Continued*

The person's choices are implemented unless there is a documented health and safety reason that they cannot be implemented. In that situation, the PCP process should include strategies to support the person to implement their choices or preferences over time.

Every person contributes to their community and has the right to choose how supports and services enable them to meaningfully participate and contribute to their community.

Through the PCP process, a person maximizes independence, creates connections, and works towards achieving their chosen outcomes.

A person's cultural background is recognized and valued in the PCP process. Cultural background may include language, religion, values, beliefs, customs, dietary choices and other things chosen by the person. Linguistic needs, including American Sign Language (ASL) interpretation, are also recognized, valued and accommodated.

Self Determination – Policy

**Michigan Department of Health and Human Services
Behavioral Health and Developmental Disabilities Administration**

Self Determination is the value that people served by the public mental health system must be supported to have a meaningful life in the community.

The components of a meaningful life include:

- work or volunteer activities that are chosen by and meaningful to person,
- reciprocal relationships with other people in the community, and
- daily activities that are chosen by the individual and support the individual to connect with others and contribute to their community.

With arrangements that support self-determination, individuals have control over an individual budget for their mental health services and supports to live the lives they want in the community.

Self-Determination Policy and Practice Guideline

https://www.michigan.gov/-/media/Project/Websites/mdhhs/Folder3/Folder41/Folder2/Folder141/Folder1/Folder241/Self_Determination_Policy_and_Practice_Guideline_4-7-1.pdf?rev=d19a24943f0d4bc69c768898fa6eb714



Self Determination – Policy, *Continued*



Person-centered planning (PCP) is a central element of self-determination. PCP is the crucial medium for expressing and transmitting personal needs, wishes, goals and aspirations. As the PCP process unfolds, the appropriate mix of paid/non-paid services and supports to assist the individual in realizing/achieving these personally defined goals and aspirations are identified.



The principles of self-determination recognize the rights of people supported by the mental health system to have a life with freedom, and to access and direct needed supports that assist in the pursuit of their life, with responsible citizenship. These supports function best when they build upon natural community experiences and opportunities.



The person determines and manages needed supports in close association with chosen friends, family, neighbors, and co-workers as a part of an ordinary community life.

Self-Determination Policy and Practice Guideline

https://www.michigan.gov/-/media/Project/Websites/mdhhs/Folder3/Folder41/Folder2/Folder141/Folder1/Folder241/Self_Determination_Policy_and_Practice_Guideline_4-7-1.pdf?rev=d19a24943f0d4bc69c768898fa6eb714

The Individual Plan of Service is developed through the person-centered planning process.

Life goals are identified by the individual and medically necessary services and supports are identified and documented in the IPOS to help work toward and reach goals.

PCP process is used at least annually to update the Individual Plan of Service. IPOS should be updated when needs or choices change.

Assessments may be used to inform the PCP process but is not a substitute for the process. Together, assessments and the PCP process are used to identify goals, risks, needs and authorize services.

Individual Plan of Service (IPOS)

The IPOS documents what services the mental health system will be providing and paying for:

Type of service
(what service is needed?)

Amount of service
(how much of the service is needed?)

Duration of service
(how long should the service be provided?)

No assessment scale or tool should be utilized to set a dollar figure or budget that limits the person-centered planning process

REMINDER:

Services may not be denied based solely on preset limits of the cost, amount, scope, and duration of services. Determination of the need for services is made on an individualized basis.

IPOS, *continued*

Activity: Life Trajectory and Supports Star

The image displays two worksheets used for a life planning activity. The first worksheet, titled "Life Trajectory | Exploring", features a large empty box on the left and two smaller boxes on the right labeled "Vision for What I Want" and "What I Don't Want". An arrow points from the large box to the "Vision" box. The second worksheet, titled "Integrated Supports Split Star", is a circular diagram divided into four colored segments: Technology (red), Personal Strengths & Assets (teal), Relationships (purple), and Community Based (dark blue). Each segment is further divided into "Now" and "Future" sub-sections. A central star-shaped area is also present. The worksheet includes a line for "My Name is:" and a green segment at the bottom labeled "Eligibility Specific".

Life Trajectory | Exploring

Vision for What I Want

What I Don't Want

Integrated Supports Split Star

My Name is: _____

Personal Strengths & Assets

Technology

Relationships

Community Based

Eligibility Specific

Now

Future

Now

Future

Now

Future

Now

Future

Supporting Your Loved One in Adulthood

Continue an open line of communication with the individual. Presume competence!

Talk about the transfer of rights when an individual turns 18. Explain the individual's rights and encourage their active role in decision-making at their IEP meetings.

Discuss decision-making options and identify family, friends, and allies who can support the individual to make their own decisions, with support that is needed.



Continue open conversations with the individual about their wishes for the future:

- where to live
- employment and daily activities
- continuing education
- support for daily & major life decisions
- build community connections

Help the individual apply for needed benefits to access services that will help the individual work toward and reach their desired goals.

Stay involved! Continue to attend planning meetings, at the invitation of the individual.



800-552-4821 www.michiganallianceforfamilies.org

We are here to support you!

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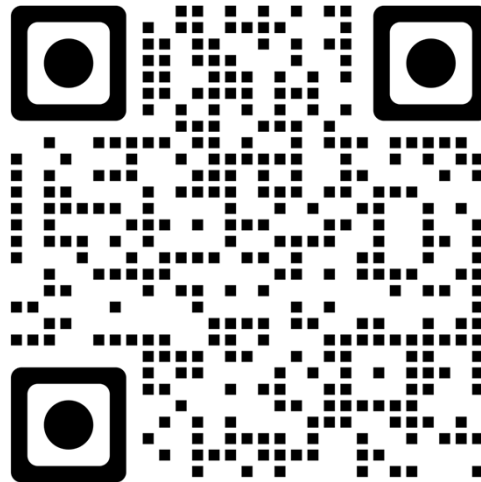
info@michiganallianceforfamilies.org



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Michigan Alliance for Families

In collaboration with



Michigan Alliance for Families is an IDEA Grant Funded Initiative of the Michigan Department of Education, Office of Special Education (MDE-OSE); the Michigan Department of Lifelong Education, Advancement, and Potential (MiLEAP); and Michigan's Federal Parent-Training and Information Center (PTIC) funded by the U.S. Department of Education, Office of Special Education Programs(OSEP).

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