PATH To Real Person-Centered Solutions

Arc of Illinois Webinar
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Executive Director
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Wife          Driver
Mom           Cook
Sister        Referee
Advocate      Daughter
Coach         Learner
Dog Mom       Friend
Live Stream....

Last day of transition

Waiting for the bus...

1st day of preschool
Our PATH for this webinar....

What is IAMC

Person Centered Planning Tools

Microboards and Cooperatives

Your PATH
What is the Illinois Association of Microboards & Cooperatives (IAMC)?

Our mission is to promote and facilitate the development of Microboards and Cooperatives for the benefit of individuals with disabilities so that they may live fulfilling lives as valued members of their communities.

We carry out this mission by providing information, advocacy, support and training that will assist persons with disabilities and their families/friends to create alternatives that will allow the persons to live self-directed lives through the use of person-centered planning, community supports, and resource management.
What is the Illinois Association of Microboards & Cooperatives (IAMC)?

Our vision is every person empowered to live a quality life, included in and valued by their communities.
Everyone. Has unique gifts and talents to share.

Everyone deserves dignity, respect and the opportunity for choice with responsibility.

Everyone deserves the opportunity to try, to fail, to learn from unsuccessful attempts, and to try again.

Everyone has something to say and deserves the right to be heard by their own means of expression.

Everyone deserves the right to live in the home of their choice and to have control over their own environment.

Everyone deserves the opportunity to make meaningful contributions to their community through income-producing work, volunteering.
Diversity is having a seat at the table, inclusion is having a voice, and belonging is having that voice be heard.
First.....

How to Build a PATH

Start with a solid foundation....
Person-Centered Thinking is....

- Everyday way of thinking
- Puts the person first (let’s change the language)
- Focus on a person’s gifts and talents – and acknowledges a need for support
- Impacts now and....
- Foundation for the future and action plans

**NOT** about functioning

**NOT** about programs or program based

**NOT** about letting a person “get their way”
Person-Centered Planning is

A process that uses creative facilitation tools to assist a focus person in development a plan on how they wish to live, work, and contribute to their community while making a plan to make it happen.
Person-Centered Planning is NOT

- A one-shot meeting
- A form to complete
- Program based
- A quick fix
- A guarantee for success
- A mandate
- An IEP
- A Personal Plan
- All about outcomes and measurement
- All about barriers and risk factors
- About daily living skills
Person-Centered Planning asks....

HOW CAN THIS PERSON SHOW UP IN COMMUNITY LIFE AS A VALUED FRIEND AND CONTRIBUTING CITIZEN?
Dr. Martin Luther King, Jr. said –

“I have a dream.”

He did not say –

“I have an annual plan and quarterly goals and objectives.”
Person-Centered Planning is not Centered on the SYSTEM!

“Official” Personal Plan in Illinois

✓ 11 pages of *blah, blah, blah*
✓ No mention of hopes or dreams
✓ System Goals
✓ Outcomes
✓ Barriers
✓ Positive remarks on life skills
  (yay, he can microwave pizza)
Person-Centered Planning Approaches or Methods

Service-Defined Plans

- Individual Education Plan (IEP)
- Family Support Plan
- Individual Service Plan
- Treatment Plan
- Personal Plan (Illinois through ISC, when selected from PUNS list)

Yes, these tools are required, but what if.....
Person-Centered Planning Approaches or Methods

- Circles of Support/Relationship
- MAPS (Making Action Plans)
- PATH (Planning Alternative Tomorrows with Hope)
Circles of Relationship
Circles of Relationship
Circles of Relationship
Circles of Relationship
Circles of Relationship
Circles of Relationship

"INNER CIRCLE"
NEAREST & DEAREST
Circles of Relationship

"INNER CIRCLE" NEAREST & DEAREST

FRIENDS
Circles of Relationship

INNER CIRCLE
NEAREST & DEAREST

FRIENDS

CLUBS, TEAMMATES, OTHERS IN IDD COMMUNITY, CO-WORKERS
Circles of Relationship

INNER CIRCLE
NEAREST & DEAREST

PAID-DOCTORS, DSPs, STAFF, CAREGIVERS, BARBER, SUPPORT STAFF, TEACHERS

FRIENDS

CLUBS, TEAMMATES, OTHERS IN IDD COMMUNITY, CO-WORKERS
Circles of Support
Circles of Support

The Star Raft™
Circles of Support
MAPS (Making Action Plans)

A (graphic) planning process for people and organizations that begins with a story – the history.
MAPS (Making Action Plans)

MAPS asks:
What gifts can you bring that express your highest potential and build your community?
MAPS (Making Action Plans)

1. Hear the STORY
2. Honor the DREAM
3. Recognize the NIGHTMARE
4. Name GIFTS
5. Say WHAT IT TAKES to receive the Gifts
6. Agree on Action
MAPS (Making Action Plans)
Why the Imagery?

- Not about art, but about communication
- We don’t think and dream in words
- Recording and sharing uses more of our brains
- Think back in history days!
- What do you remember most, individual words or imagery?
- Think about history
- Does NOT mean words can’t be used
Why the Imagery?
Why the Imagery?
Why the Imagery?
PATH (Planning Alternative Tomorrows with Hope)

PATH is a creative planning tool that uses both process and graphic facilitation to create a shared vision of a positive future for individuals, families, teams and whole organizations.
PATH draws on people’s capacities to imagine different futures, & to think backwards from a future possibility & tell fruitful stories about how that possibility might come to be.
PATH (Planning Alternative Tomorrows with Hope)

Identify a North Star and focus on the future

Then...

Backtrack on how to get there using circle members, strengths, and next steps
PATH (Planning Alternative Tomorrows with Hope)
PATH (Planning Alternative Tomorrows with Hope)

- A PATH is not a Service Plan
- A PATH is not defined or limited by an agency, school or program
When it is thoughtfully undertaken, it offers a broad view of the person’s vision for their own life, a vision sometimes developed in collaboration with friends and family members, especially when people have great difficulty communicating”

– Dave & Faye Wetherow
PATH (Planning Alternative Tomorrows with Hope)

PATH asks:

What can happen because of you and your allies that will make your life better and build your community?
PATH (Planning Alternative Tomorrows with Hope)

"Having a PATH was one of the most important things we’ve done for our family.

Teresa Parks
Mom-Advocate
Implementing

Person-Centered Thinking & Planning

Person-Centered Tools
Circles of Support. | MAPS | PATH

Person-Centered Organizations

Person-Centered Solutions
• Microboards
• Cooperatives
• Supported Decision Making
• Supported Living
• Employment – Supported, Customized, Competitive
Implementing

- Customized Employment – Discovery Process
- Creative Housing
- Supported Decision Making
- Sibling Support
- Long-Term Planning
- Estate Planning
Implementing

“Norman's PATH gave Norman and his circle of support a vision and concrete steps to take toward the future. My dad passed away peacefully, and I have no doubt the PATH helped him let go.”

Paul Blobaum, sibling
Implementing

Opportunities are opening up for Jacob, thanks to the help of the PATH experience.

Steve & Jodi Martin
Parents of Jacob
IAMC’S Person-Centered Solutions

NOT A ”PLACE”

PATH & MAPS

Development of Microboards & Cooperatives
What is a Microboard?

- A formalized Circle of Support
- Serves one person
- Small (Micro) Board of Directors created to support the person with the disability
- A non-profit corporation (not charity)
- A think tank
Microboards

Who’s “On” the Microboard?

Think back to Circles of Support!
- The person with a disability (focus person)
- Family
- Friends
- Former teachers/employers
- Co-workers
- Most Microboard members are developed from PATH
Microboards

What does a Microboard do?

- Microboard members *share their status* in the community with the individual by serving on their board.
- Microboard members develop a *deep knowledge* of the individual’s needs, desires, wishes and dreams.
- Microboards form a *commitment* with the individual and their family they support to carry out their work in ways that promote inclusion and self-determination.
- Microboards serve as a *safeguard* for quality supports and fiscal accountability.
Microboards

What is a Microboard?

Ø Serves one person
Ø Small (Micro) Board of Directors
Ø A non-profit corporation (not charity)
Ø A think tank

How My Microboard Has Changed My Life

Bill Henzlik’s Journey with B.I.L.L., Inc.

Doctors told my parents I would have NO abilities, and to put me in an institution

How has B.I.L.L., Inc. changed my life?

“B.I.L.L., Inc. helps provide a central focus for my life…because of the PATH (person centered planning), I am able to focus and grow in the important areas of my life, like self-advocacy, education and facilitated communication. Because of B.I.L.L. Inc., I’m not alone…”

“I am not what happened to me, I am what I choose to become.”

Carl Jung
Microboards

What is a Microboard?

- Serves one person
- Small (Micro) Board of Directors
- A non-profit corporation (not charity)
- A think tank
Microboards

IAMC’s Role

- Start with PATH pre-facilitation coaching and facilitation
- Microboard development – select members
- Train board members-board development
- Assist with bylaws, Board Development, non-profit application
- IAMC “member” benefits like Zoom, other resources
- Attend meetings
Microboards

Options with Waiver Funding (HCBS) Home and Community Based Services

Home Based Waiver

Go through agency to provide Personal Support Worker
Self-Directed – you do the hiring, coordination
Microboards

Options with Waiver Funding
CILA (Community Integrated Living Arrangement) Funding

1. Agency CILA – traditional model through an agency

2. Own/Rent your own home and have CILA services come to your home through the agency
Microboards

Can a Microboard be my Service Provider Agency?

If have HBSW – Microboard itself can NOT be provider agency. It can assist in managing PSWs, but not pay the PSWs.
Microboards

Can a Microboard be my Service Provider Agency?

• If have CILA funding – Microboard CAN become a licensed CILA provider.
• The microboard will act as the provider of CILA services by hiring, firing, managing, and paying DSPs.
• The process of becoming a licensed CILA provider is quite cumbersome and complex.
• If your microboard does become your CILA provider, you will own or rent your own home, and it will not be subject to licensing requirements.
Cooperatives

What is a Cooperatives

- Sometimes called: “Self Directed Support Corporations”
- Not-for-Profit organization
- Created by three or more unrelated individuals or their families who come together to share services
Cooperatives

80% of the Board of Directors must be individuals with disabilities

What does a Cooperative do?

- Plan activities for members to have fun together - like movie nights, bowling, etc.
- Plan activities for members to explore jobs – like visiting a pizza parlor, grocery store, vet clinic, etc. to learn about jobs there.
- Hire someone who can help members find jobs in the community (if the Cooperative has money)
- Coordinate members who have Home Based Support Services to share Personal Support Workers so that everyone has regular workers and substitute workers when needed.
A Cooperative brings together individuals who use services and their families, empowering them to direct and control the services they need.
Cooperatives
Cooperatives

IAMC’s Role

- Help organize
- Facilitate an organizational PATH
- Assist with bylaws, Board Development, 501c3 application
- Support along the way!
Your PATH

What we do –

- PATH + MAPS + CIRCLE FACILITATION
- Organizational PATH
- Microboard Development
- Cooperative Development
- Presentations
- Monthly Webinars
- Training
FINDING YOUR WAY

Your PATH

START

Contact ISC to determine eligibility to be on the PUNS waiting list for adult Home and Community Based Services (HCBS). Need help finding your ISC (Independent Service Coordination agency)? Call DHS at 1-800-337-5207 (TTY: 1-866-576-8646)

Placed on PUNS list to wait for HCBS. You will be categorized for Planning for services or Seeking services (starts at age 18)

Update paperwork yearly with the ISC – doing so will keep you on the PUNS list.

After the age of 18, contact DHS by email yearly to see who you may be selected from PUNS. DHS ddd@illinois.gov

Receive Early Notification Letter from DHS, you will likely be included in the next PUNS selection and invited to apply for DD waiver services. Start preparing now.

Clinical Eligibility – If not already determined medical and psychological evaluation can be needed to conduct these evaluations. Your ISC will connect you to a provider.

PUNS Selection – You are invited to apply for DD waiver services.

Contact your ISC to begin the planning process for services now. Visit developmental disability providers and learn about their programs, visit including UIAs and learn about openings, and explore available living options. Consider how you can live in your own home as independently as you might like. Apply for Medicaid and SSI if you are not already receiving.

Medicaid: https://www.illinois.gov/whatisaccess.jsp; Medicaid

Receive letter from your Arc of Illinois Ligas Family Advocate. Respond to call the number provided in this letter.

Would you like to live in an affordable apartment of your own with supports? Ask your ISC about Supportive Housing and have them place you on the Statewide Federal Network.

You have been found clinically eligible for funding.

Begin Personal Plan Process (PPP) with ISC. What supports do you want and need? Help at home, job coaching, respite services, transportation, therapy, home adaptations, Community Day programs/leisure, help with personal care?

Determine how and where you would like to receive services.

Confused about all of the options? Contact your Arc of Illinois Ligas Family Advocate and we will provide you with a list.

Consider the options: Home-Based Services (Support based on your needs in your apartment/condominium or family home) OR CLA Services

- Group Home CLA (24/7 support)
- Host Home CLA (24/7 support while living with another family in the community)
- Intermittent CLA or Family CLA (less than 24 per day support while living in your apartment/condominium or family home)

Receive award letter for HCBS Waiver funding

Don’t qualify for funding through IL DHS DDD but still need support? The Illinois Life Span Program of The Arc of Illinois can help. Call us at 1-800-566-7002. We would be happy to connect you with useful information including how to find your local DHS Division of Rehabilitation Services office, Center for Independent Living, and other local and statewide resources!

The Arc of Illinois Ligas Family Advocate Program is funded through a grant from the Illinois Department of Human Services.

* Video link: https://www.youtube.com/watch?v=k8Kt8vBz0J7q2qkR7cm1zux4pdP7zCp916-0

Begin BUILDING A LIFE YOU LOVE IN THE COMMUNITY

IAMC

Ligas Family Advocate Program

The Arc of Illinois Ligas Family Advocate Program is funded through a grant from the Illinois Department of Human Services.

* Video link: https://www.youtube.com/watch?v=k8Kt8vBz0J7q2qkR7cm1zux4pdP7zCp916-0
Become a PATH + MAPS Facilitator

✓ Educators
✓ Parents
✓ Siblings
✓ Advocates
✓ Friends
✓ Case Managers
✓ Therapists
✓ Coaches

PATH + MAPS Facilitator Training is for:

Anyone interested in learning a creative, dynamic, exciting, visual and transformative tool for authentic and real Person-Centered Planning
Become a PATH + MAPS Facilitator

EDUCATORS, THERAPISTS, PARENTS, ADVOCATES, SIBLINGS, FRIENDS, CASE MANAGERS -- ANYONE WHO WANTS TO LEARN THIS DYNAMIC PERSON-CENTERED PLANNING TOOL!

How can an individual with a disability show up in community life (school, work, independent living) as a contributing citizen? People committed to person-centered work can use PATH to answer this question and streamline IEPs and Personal Plans!

Visit iambo.org for information!
Contact Information

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