

11:09:52 We're going to ask everyone to mute their phones.

11:09:54 Please mute your phone.

11:10:02 As I said before Zoom is experiencing an audio outage, so you can't join by computer audio.

11:10:06 So we ask that people call in to join.

11:10:33 You have to join audio by phone and if it is full. We're right at 100 participates in the meeting. If you go to the Michigan Developmental Disability Facebook page we are streaming this webinar live via our Facebook page.

11:10:58 So our guest speaker. Our presenter is Jenny Turner and works through the University of Missouri - Kansas City for health development LifeCourse Nexus and Jenny is going to talk to us today about integrating support and setting those supports to for your daily life.

11:11:04 So without further adieu, I'm going to turn it over to Jenny.

11:11:08 Further introduce herself if she wishes.

11:11:14 And it's all yours Jenny.

11:11:16 >> JENNY TURNER: Good morning, everybody.

11:11:27 So good to be back with you. I was able to be with you guys a couple of weeks ago. Hi, here I am.

11:11:31 Great to be with you remotely.

11:11:45 I want to take a second to introduce myself. I always feel like I want to know who is talking to me. And see some embarrassing pictures from my childhood.

11:12:00 I work for the University of Missouri - Kansas City institute For Human Development. And one of the exciting things that I get to do there is codirect the national community for practice of supporting families, of which Michigan is a member.

11:12:21 So we work with 21 states now. States agents and counsels to really think of system change and policy and procedures look like to better support individuals with disabilities. Specifically in that state.

11:12:31 I get to provide technical assistance and support for the great state of Michigan.

11:12:33 That is my day job.

11:12:39 I think one of the most important thing for everyone to know about me, my important hat is that of big sister.

11:13:07 I have two sisters. One who is in her 30s. And multiple disabilities and one who is 15 and foster care system when she was four. I sat at every sit at the table. I've been the family. I still am the family member. I am a clinical social worker. I was a support director. And now I work on the system side.

11:13:17 I try to bring lots of different perspective and have my favorite people. My family and my sisters who are the reasons why I do what I do.

11:13:19 With that let's dig in.

11:13:23 We've got some exciting information to share today.

11:13:28 My goal is to leave plenty of time at the end of questions.

11:13:48 I'm not a great multiTASer. Moderating the chat box for me and if you have questions you want to answer at the end of the call and feel free to drop them into the chat and we will get them at the end of the presentation.

11:13:57 So just really quickly, I think I shared a little bit of the national community Of Practice For Supporting Families. And Michigan is a member of that.

11:14:08 What that really is training and technical. All of those 21 states coming together to share their thoughts and ideas and best practice.

11:14:15 And we use the framework. Charting the LifeCourse kind of a lens for that work.

11:14:24 It's a way for us to think differently how to support individuals and their families to really live their good live and best life.

11:14:36 And how do we create a system that has all of these practices, procedures and services all of those things that are supportive as possible for people and their families to achieve that vision.

11:14:44 We're going to talk a little bit about the what the Charting the LifeCourse and I share what all of the different pictures on the screen mean.

11:14:49 We have lots of different icons that we use and on the screen right now.

11:15:05 Then we're going to dig specifically into this one icon in the middle, which is a star. What is Integrated Services and Supports, how does that help us to think about the different resources that we have to support us to live the good life we want to live?

11:15:08 So Charting the LifeCourse what is it?

11:15:24 It was created really by individuals with disabilities and their families to think about what do I want for my life? What is my vision of a good life? What makes me happy? What I'm I excited about? What do I want to achieve?

11:15:31 The framework helps us to think about what do I need to do to reach that.

11:15:36 What are the different things that we need in order to support us to achieve that vision?

11:15:44 So when we think about the framework it really is first and foremost a way of thinking and problem solving.

11:15:54 We've developed some tools along the way that help to articulate or write down or practice that thinking and problem solving. There is some educational resources.

11:16:04 There is some worksheets that we developed and help us to develop what the vision is and think about some of the different supports might be along the way.

11:16:15 Our core beliefs and the heart of everything we do that all people and their families have the right to live, love, work, play, and pursue their life aspirations in their community.

11:16:34 And so on the screen you see lots of pictures of lots of people living the life they want to live. People getting married and exercise and doing landscape work and working and golfing. We think it's really important that this core belief doesn't say all people with disabilities.

11:16:39 It say all people have that right to live, love, work and play.

11:16:49 We don't want to create a separate set of rights for people with disabilities. We want to recognize that people are people and all have the same set of rights.

11:17:03 We also think it's really important that we consider the person with disability the focus of our support we're also considering their family and recognizing that family, we impact our families and families impact us.

11:17:18 In the same way we want to support people with disabilities and all people to live their best life. We want to take into consideration family members as well and help the family as a whole to reach their vision what their life should look like.

11:17:30 I'm going to quickly run through the key principles. Some of you were with us a couple of weeks ago and bit of a repeat and hang in there with me.

11:17:34 For those that weren't able to join a couple of weeks ago.

11:17:38 This is introduction to Charting the LifeCourse framework.

11:17:40 On your screen you see a person.

11:17:45 And we believe that the Charting the LifeCourse it starts with an individual.

11:17:46 With a person.

11:17:53 And then now you see a couple of different more people. Kind of surrounding that one person.

11:17:57 Because everybody is this within the context of their family.

11:18:09 Whether that is a family they grown up in a biological family or family they chosen. We have all people that matter to us and to whom we matter.

11:18:19 When we think about a person we have to recognize what is happening with the closest people around and impacting their life and how is that person impacting the life of others.

11:18:23 That family has a way of thinking about quality of life.

11:18:26 And the different things they want in their life.

11:18:38 So now on the screen you see kind of a circle with pie pieces. In order to have the full pie of a good life there is lots of different types of things that are important.

11:19:02 We talked about this last time on the previous webinar. But there is a lot of life domains that we call them. To think about a holistic perspective or really understanding all of the different pieces and parts that make up a good life. Daily life and employment. Where we go during the day and what we do and routine.

11:19:11 Social and spirituality. Who we hang out with? And how we think about leisure activities and recreation.

11:19:20 Being safe and secure that is very important as part of a good life. What do we need to know and do to be as safe and possible.

11:19:30 Where do I live in my community? The right fit? The modifications that I need? Access to the places I want to go in.

11:19:40 Healthy living. Both physical and mental and emotional wellness. Fitness and access to health care and those type of things.

11:19:51 We changed the name right now on the citizenship and advocacy. And this is advocacy and engagement. Really being engaged in the community and contributing to community life.

11:19:55 All of the different life domains make up a good life.

11:20:06 Whenever thinking about a person and that person and their family we're thinking about all of those things in the all of those life domains that lead to a good life.

11:20:11 In order to have a good life in all of the different areas. We need different types of things.

11:20:13 Sometimes we need information.

11:20:15 We need to understand.

11:20:16 We need some training.

11:20:24 Sometimes we need to connect and network with other people. We want to talk to somebody been there before.

11:20:26 And get some emotional support.

11:20:38 Then sometimes we need goods and services. We need tangible and material things to help us achieve our goals and think about what we need to do within each of those life domains.

11:20:44 We call those the different buckets of support and see them in a ring the life domain.

11:20:55 In order to have a good life we need to fill all three of those buckets. Information and training and talk to people that have been there before and need the good and services.

11:21:01 In order to fill the buckets. Now you're seeing a multicolor star on your screen.

11:21:06 In order to fill the buckets there is lots of different types of resources that we can access.

11:21:22 Sometimes tempting to go to the DD agency. I need some services to help fill all of my buckets. And we want to think about the different types of resources that can be a part of full support system.

11:21:46 So there maybe some eligibility specific support that we need from the DD support system. Are there technology that we can access? Our there ways Alexa can help us? Some assistant technology? Who do we know and friends and acquaintance and family members that can help and support us?

11:21:52 Where can we go in the computer that everyone has access and resource to fill the buckets?

11:22:03 What our own personal strengths and assets and help us to meet our needs and achieve our goals?

11:22:10 As we think about this there is an arrow pointing to the right. The stars with all of the different elements.

11:22:14 We think about this on a trajectory. We're on all a path.

11:22:18 Easier to get to where you're going and trying to get to.

11:22:21 We want to first think about what is that vision?

11:22:36 What is the kind of life we want to live? What would be a good life and think of all of the different domains and type of supports and create the steps and strategies in order to achieve the vision of a good life?

11:22:40 That is a what is trajectory is a path to get to where we want to go.

11:22:44 Along the way we're developing and go through different life stages.

11:22:56 What is happening at each of the life stage and growing from childhood to school age and graduation and transitioning to adulthood.

11:23:04 What are the key things we want to experience along the trajectory in order to help support us to live the best life we want to live.

11:23:08 That is the Charting the LifeCourse I know that was pretty quick.

11:23:12 Those are the key principles that we think about.

11:23:16 Like I said it's important for us to start with a vision.

11:23:20 We use the trajectory to help think about what do we want?

11:23:24 We talked about this on the previous webinar a couple of weeks ago.

11:23:28 Really, asking the question, what makes a good life for you?

11:23:43 If you were to ask me of my vision of a good life, things like having a job I really like and feel it's important. Drinking good coffee. Having plenty of water. Going on vacation. Being able to see my friends and family.

11:23:48 There is some things I want for my life that I think make quality of life.

11:23:51 There is also some things that I don't want.

11:23:53 I think that is a really important question.

11:23:59 Sometimes we need to ask. Both where do you want to go, but where do you not want to go.

11:24:03 I really don't want to be bored.

11:24:06 I don't want to be hurt.

11:24:09 I don't want to be treated badly.

11:24:13 I don't want to spend all of my time in my house.

11:24:16 I need to be able to get out and do things.

11:24:26 So both recognizing what we want and don't want help us to know what we need to do in order to achieve that vision. To achieve those outcomes.

11:24:30 Helps us to set some goals.

11:24:34 On the screen you see a picture of my friend Ben.

11:24:41 He is getting a tattoo. Part of his vision for good life is a tattoo.

11:24:43 He wanted to have some tattoo.

11:24:47 And think about what needs to happen in order to reach that vision.

11:24:59 Ben wants a lot of the things many of us want. Family and friends and he wants money and he wants to have a job and open up his own business. NASCAR.

11:25:17 And WWE. Is important to him. Ben does not want poor health. He doesn't want to get diabetes or heart disease. He doesn't want to live in a group home or poverty situation.

11:25:22 That is his Ben and his family and support system make decisions.

11:25:32 By thinking about if we do this, is that going to take Ben towards where he wants to go? Or is it going to take Ben away where he wants to go.

11:25:47 I tell you that, because I'm going to tell you more about Ben and the types of support that were placed in Ben's life. It's important to understand what did Ben want and did not want.

11:25:53 We need to start, with just identifying. Sometimes it's just what do I want for a good week.

11:25:55 I need to get through this week.

11:25:57 What would be a good job.

11:26:06 You can do a trajectory what is a good one thing or think about big picture. All of life and knock those things out.

11:26:10 We have some different tools that we went over last time.

11:26:21 And I will pop up our website at the end of the presentation and grab the tool as a way to think about what your vision of what you want and don't want.

11:26:33 And some of the things that happened in your past helped you to move towards the vision or taken you away as well as set some goals moving forward.

11:26:50 Here is Ben's trajectory. He thought about what has happened in his past life experience and taken him towards what he wants. Family vacations and youth group and high school diploma.

11:27:00 And he our some goals. Work out regular. One of the things I need to do is work out regularly.

11:27:06 If I don't want to have poor health or I don't want to be treated differently.

11:27:11 I really need to avoid sitting at home and watching TV and not going out and seeing people.

11:27:15 Ben kind of thought about that first.

11:27:20 Once you've done that we want to think about all of the different life domains CHL.

11:27:29 . Remember quality of life is not just being healthy and safe, but being able to do what we want to do during the day.

11:27:33 Be able to live where and how we need to live.

11:27:37 Have friendship and relationship and valuable in the community.

11:27:40 Recognizing that all of those things fit together.

11:27:41 That helps us.

11:27:44 We have a life domain vision tool.

11:27:47 Maybe you're not sure what your vision of a good life is.

11:27:53 So there are some questions on the life domain vision tool that I have on the screen.

11:28:02 To kind of say, what do I want to do during the day? How I'm I going to connect with spiritual activities or community that are important to me?

11:28:08 That can help us to define where we want to head with that trajectory points to.

11:28:23 Once we've done that we can integrated star and map the resources or think about the resources that are currently existing as well as different problem solving.

11:28:29 To really identify what other resources might I be able to access in the future?

11:28:44 What are some things I might need to develop? How can I best leverage, which is a fancy word, how can I use the resources that I have in order to help me live the life that I want to live?

11:28:46 A little bit a history.

11:28:50 A lot of times we talk about natural supports and paid services.

11:28:55 We RAELT felt like there was more than just those two categories.

11:29:01 A lot of time we say natural support. No one is sure what that means.

11:29:25 What are all of the different things that make up natural support? Are natural support a good thing or bad thing? If I have too many natural support I'm I not going to be able to get the paid services? If I get paid services aren't they helping me develop? There was a lot of confusion holding those two things as separate options.

11:29:30 We started to think about what would it look like if we expand the idea of support.

11:29:42 Instead of saying one or the other. Natural support or paid services. We started to think about how can we have all of the different types of resources that we need in integrated way.

11:29:46 So having all of the resources working together for the same goal.

11:29:50 And we used a star for a couple of different reasons.

11:29:55 One, if you lose any part of the star. It's no longer a star.

11:29:56 I'm not a great artist.

11:30:11 So if you ever ask me to draw a star my star is bad. They are always have five points and five sections of the star and not quite even and think it's really important.

11:30:17 We're not saying any one piece of the star or one type of support is more important than the other.

11:30:28 What we're saying is we want to think about how can we use all of the different types of supports and help them work together towards the same vision of a good life.

11:30:39 The other reason we use a star, is because there are really five areas that we think are important and dig in to each of these areas in a lot of details.

11:30:41 So let's do that now.

11:30:45 So the first area that we think about is that of relationship.

11:30:52 If I ask you guys and hundred of us on the call and not going to do that this morning.

11:31:06 If I were to say who are people in your life that support you? Hopefully list a couple of people family member, people you love and care about. That could be a family you chosen or family you were born into.

11:31:11 Your friends. Spending time with and things in common and care about each other.

11:31:45 And acquaintance, there are people we come into contact and don't necessarily know superwell. If I were created a star for myself and relationships that I would rely on for support, my mom, dad, my best friend Anna and husband Jordan and my neighbor misJudy. I don't except her to support me as much in the same way mom and dad does.

11:31:53 She checks in on me and makes sure I'm safe and watches my cat when I'm out of town.

11:31:57 There is different types of relationship and help us and support us.

11:31:59 Travel is really important.

11:32:02 Remember I said that was part of my trajectory.

11:32:19 If I put travel in the middle of my star and thinking about what different supports I need in order to be able to travel. I might want to travel with a friend like Anna. I want Miss Judy to take care of my cat when I'm gone.

11:32:24 The next part of the star personal strengths and assets.

11:32:25 This is about you.

11:32:39 What do you bring to the table? How can you support yourself in reaching the goal that you want to reach? There is things you're good at and people like and admire about you.

11:32:45 People that you have and own and access. And abilities or knowledge and experience.

11:32:47 So again using my example of travel.

11:32:55 I have a savings account that is an asset I have to help me to be able to travel.

11:33:06 A skill that I have I'm a pretty good planner and plan a trip I can rely on myself where do I want to go and what do I want to see?

11:33:09 We also think about technology.

11:33:16 How can we access and leverage technology in a way that help us to achieve the vision of a good life.

11:33:24 There is things like person technology. Anyone use it. A lot of us called in on the phone or on our computer.

11:33:43 There is environment technology. Cool innovation making our houses and cars support. I have friends who can walk into their house and say, turn on the light Alexa. Those type of technology help us to navigate our environment.

11:33:48 Assistive technology and devices that help with day-to-day task.

11:34:03 Thinking about my example of travel. When ever getting ready for a trip I rely on the computer, apps on my phone. Uber is another piece of technology that I use when I travel a lot.

11:34:08 We think about technology another way to support us to reach our goals.

11:34:38 When we think about computer resources. These are places, groups or clubs, things that anyone in the computer can access and be a part of. Businesses and faith, and parks and rotary and clubs. And government resources like public safety. Social programs. Things that anyone in the community can access in order to receive that type of support.

11:34:42 For my example of travel I can go to a travel agent.

11:34:45 A travel agent can help me plan my trip.

11:34:57 I might join a group on Facebook. There is a Girls Who Love Travel group. And that is a club I've become a part of.

11:34:59 Community resources anybody can access.

11:35:03 And then there are eligibilities specific supports.

11:35:12 And these are ability specific and based on the diagnosis. Things like special education or government funded support.

11:35:22 And eligibility need base and based on age or gender, geographic and employment status and things like that.

11:35:34 I think of my example of travel I might be eligible to join certain types of trip, because of my age or gender. I can go on girls only expedition.

11:35:39 We think about eligibility specific support something that you have to qualify for.

11:35:51 When we think about the star it's really important that we think about how can we put all of these different types of support together? How can we use them in a way that support one another?

11:35:53 I'm going to give you another example.

11:36:01 This is something that comes up quite a bit. Transportation. Transportation is a challenge all around the country.

11:36:10 If we were to set transportation in the middle of the star and think about how can we support a person who is needing to get to their job, for example.

11:36:13 And transportation is an issue.

11:36:25 There was a time when I think a lot of time our immediate reaction can you -- do you qualified, oh, gosh, I just lost the name.

11:36:28 Eligibility specific support like a ride share basically.

11:36:33 We can get you this service in order to do transportation.

11:36:52 Now we want to start with asking the question, hang on a second, can you learn to drive? Do you want to learn to drive? Can you walk? Do you want to ride your bike? What personal strengths and assets do you have?

11:37:07 Any family members or friends you can car pool? Coworkers at the job you might be able to ride along? Thinking of those relationships. A neighbor that could take you to work and pick you up.

11:37:18 Think about technology. Could you Uber? Take an Lyft? Could you use an iPad or iPhone to help learn how to ride the bus?

11:37:27 We think about community resources. Like the bus system and taxi and different things like that anybody can access.

11:37:31 Lots of different types of support that might help with transportation.

11:37:38 The star gets exciting one section of the star can actually build another section.

11:37:41 Stick with me here for a second.

11:38:00 What if there was a disability specific type in or payment and eligibility specific support that paid for an iPad with some assistive technology that helps a person learn the personal strengths and assets to ride the bus?

11:38:06 So they could get to work where they made friends and help with them with car pooling.

11:38:16 So we can use the different sections of the star to build up some of the other ones.

11:38:22 That is the integrated support star and use it for lots of different things.

11:38:34 What is really important for us to think about oftentimes if we only rely on one type of support. If we only rely on disability services it may take us towards what we don't want.

11:38:43 We think back to the trajectory. It may take us towards the vision what we don't want. Segregation or isolation or lack of choice.

11:39:11 But at the same time if we only rely on relationships, if I only rely on my parents and friends and neighbors, that may also take me to my vision of what I don't want boredom. Loneliness and my best friend can't hang out we many and Judy is older and goes to bed earlier than I do.

11:39:16 We need all of the different types of integrated support to achieve the life that we want.

11:39:18 How can we do that?

11:39:22 I want to tell you a little bit more about my friend Ben.

11:39:26 You remember his picture and trajectory from just a few minutes ago.

11:39:28 So Ben is 25.

11:39:32 And he lives at home with mom and dad.

11:39:36 Ben needs some level of support most of the time.

11:39:45 Some support with mobility as well as some of the activities daily living, cooking and things like that.

11:39:51 And Ben does not feel comfortable staying alone by himself.

11:39:56 Ben received 40 hours. He has a cap service.

11:40:01 He can't get anymore than 40 hours of personal care attendance every week.

11:40:11 There was is time in Ben east life when he was getting that from 8 to 5 every day Monday through Friday.

11:40:15 That is when mom and dad needed to go to work.

11:40:25 Well, the challenge with that is that both Ben's mom and dad work about 30 minutes away from their house and don't always have the same schedule.

11:40:39 They were times when mom and dad needed to be leaving to go to work and staff weren't there and not a way for Ben to have the support and oversight for the transport the time mom and dad were transporting to work.

11:40:44 Another thing that happened Ben's mom had health issue.

11:40:50 Kind of the person in the context and thinking about what is happening with the whole family.

11:40:56 So Ben's mom started having some heart issues and you have got to start exercises.

11:41:18 And due to Ben's kind of physical, some of his physical challenges exercise with Mom wasn't something he could do at the level that mom needed. And mom was working 40 hours a week and how was she going to get two days out of the house.

11:41:22 In order to keep herself healthy and safe.

11:41:39 You see on the calendar with this section. That is the only relationship that Ben and family were relying on mom and dad. Mom and dad were responsible for getting Ben up and shower and dress.

11:41:46 And you have the green waiver that Ben was receiving from eight to five.

11:41:54 We needed to build some more color into Ben's life in order to support the needs that Ben and his family had.

11:42:00 But also Ben was kind of bored and wanted to do lots of different things.

11:42:16 So over time Ben's family started to think about what are some of the other resources, what are some of the other things that could fill up Ben's star and use that to plan for his day? Help him plan for his day.

11:42:28 Ben really needs. In order for Ben to have long term safety he needs to be able to stay home alone for a little while.

11:42:38 He needs to know what to do and what if something were to happen and mom and dad can't get home is Ben going to feel safe and comfortable staying home?

11:42:43 They worked on a skill. This is over time. Didn't happen over night.

11:42:59 They worked on a skill set and confidence that Ben needed. They got him an iPad and could face time and feeling nervous or someone knock on the door and didn't know to answer.

11:43:03 They got him the resource a personal asset and technology.

11:43:12 They got Ben a digital watch and emergency kind of function on the watch if something were to happen. Somebody gets notified.

11:43:21 That helps Ben keep track and set alarms on the watch to remember to do things and notify somebody if there is an emergency.

11:43:33 And started to think about who are the other people in Ben's life and friends with or acquaintance and maybe never asked how they might want to be involved in supporting Ben.

11:43:36 Supporting Ben doesn't mean taking care of him.

11:43:46 Means helping him do the things he wants to do. Thinking of the vision of the good life and the domains that make up the good life.

11:43:57 Who can hang out with Ben? Who else like NASCAR and WWE? And do social things.

11:44:11 Ben has a friend name Matt and lots of friend, Zac and Ali and ask some of those folks who have relationships with Ben how they might want to be involved with his life?

11:44:17 Started to recognize some of the community base things that Ben did.

11:44:29 Ben was volunteering at the fire station a couple of times a week and close with the coach and staff at the high school and volunteered with the football team.

11:44:40 And there is an Omni bus system in the town where Ben lives. And access and do have additional support for people with disabilities.

11:44:47 They were thinking about all of that and started to plug in some of the things that Ben might like to do during the day.

11:44:50 So you start to see the colors build here.

11:44:54 You're seeing some time, that the blue time.

11:45:04 That is the time that Ben is able to stay ahome alone while mom was walking. She had to do it for her health.

11:45:16 Really started out with Ben's mom walking to the corner and checking on Ben. And five minutes and fifteen minutes. And Ben is able to be at home alone for up to an hour.

11:45:32 Called up some of the Ben's friend on Monday night Ben likes to watch wresting L. WWE. And he doesn't want to watch that with his mom and hang out with friends. He is 25.

11:45:40 So he goes to a restaurant every Monday night with twin brother Matt and have guys night.  
11:45:44 They were starting to think about other families we can spend time with.  
11:45:50 And you start to see the relationship and Ben be able to spend time with other folks.  
11:45:59 About the same time Ben had been going to the fire station with his PCA staff.  
11:46:25 And the fire station chief called and said hey, Jane. We love him volunteer here and great. I don't understand why this lady is coming with him. Who is this lady? What is she supposed to be doing? The staff was great and nothing against her. Ben had a natural support system with all of the different fire.  
11:46:45 I know, if Ben were to have a seizure or some sort of medical emergency and the fire chief said, well, Jane we're all paramedics.  
11:46:50 Yeah. That is great, but what if you all have to go out on the fire.  
11:46:57 The reception is always here and gave her some training. And she knows what to do.  
11:47:35 They were able to slowly gradually phase that out. And has a group of friends. Ben's 30th birthday was during quarantine and stopped and got out and gave him gifts and put them in both sections of the star.  
11:47:37 Community base relationships.  
11:47:52 But the cool thing about that is Ben still has 40 hours of staff and now instead of, it gives Ben back five hours of staff time he might be able to use at another point in his week.  
11:47:55 Doesn't have to be in the same schedule.  
11:48:03 He is receiving the support and oversight and safety he needs from the fire station.  
11:48:24 Well, he lives in a smaller town and word got out and the staff wasn't going with Ben to the fire station and the coach of the football team called and I heard Ben is going to the fire station by himself. Don't you think he could come to practice by himself and doing it for a while?  
11:48:33 What if something happens? We have an athletic trainer? We have a nurse at the school? We will be okay.  
11:48:53 Work it out to where the coach and team support Ben as Ben supports them with his volunteering every day after school. So that gave Ben some additional time and able to be flexible with staffing schedule and leveling and using a more integrated support system.  
11:48:59 I think what is really cool, though, is to look now at Ben's day.  
11:49:07 You see how the different types of support are really helping Ben to have a colorful life and more quality of life.  
11:49:10 So he is going in the community.  
11:49:16 You see the dark purple. That is all of the time that Ben spends in the community.  
11:49:22 You see them in the red and Ben uses technology to have alone time.  
11:49:28 You see the purple color and all of the fun things he is doing with friends.  
11:49:47 Ben and his family took the star and thought about what is the type of week that we want Ben to have? Different types of things that are important to Ben and make up his good life? How do we build lots of different types and supports in place so he is able to do that?  
11:49:56 Just as another example this is Debbie. She started with her calendar.  
11:50:04 You see the calendar on the right. Debbie said here are the things I need to do or want to do during the day.  
11:50:06 She didn't color it yet.  
11:50:17 I get up at 5:30. Do some laundry, chores and some other things and kind of early morning or mid-morning I need to take a shower.  
11:50:22 I need to cash my checks and go to the doctors and clean my house and do some of those things.  
11:50:26 And then it's really important for me to take a nap.  
11:50:29 I want to have some time to watch TV.  
11:50:38 Here are the fun stuff I want to do and read and make my own dinner. I like watching TV again in the evening and go to bed.  
11:50:46 Debbie if that is going to be my schedule. She started with her schedule.  
11:50:54 What do I want to do? She colored in for with her schedule with the support she needed in order to have that schedule.  
11:50:58 So unfortunately, her star is not in color.  
11:51:00 The green are the eligibility support.  
11:51:15 Debbie recognize to shower and cash my check and grocery shopping I need a PPA and I'm going to use my green hours that I receive as support services to do that.  
11:51:21 When I want to watch TV I need to have TV. That is red technology.  
11:51:35 When I'm doing laundry and dish and writing and making my own lunch doing the fun things that is blue.



Personal strengths and assets and do on my own and use my personal support for that.

11:51:50 When I want to go to church on the weekend that is a community and I have a friend name Keith that picks me up and takes me home and use the both types of support to live the life I want.

11:52:00 Debbie did a good thing and great idea and living through this and experiencing the pandemic. What is a good week look like?

11:52:06 Different activities I need to or want to do?

11:52:14 What are the different types of support? Coloring in the schedule with the type of support that we can use in order to do that.

11:52:19 This is another example of my friend Peyton. Peyton is in school.

11:52:30 So Peyton's school said they wanted him to be in a segregated classroom. The entire time he was at school.

11:52:34 That was not Peyton's vision of a good life.

11:52:42 Peyton's and mom's vision of a good life integrated as possible into the full classroom setting.

11:52:49 She wants Peyton and his mom want him to have relationships and integrated into the community.

11:52:56 So they wanted him to be around lots of different students and make friends and have all of those opportunities.

11:53:00 So what Peyton's mom did and did his stars.

11:53:05 Here are the different types of support and Peyton's has and access.

11:53:10 And then she colored in all of the time outside of school.

11:53:18 She said, you know, mom is providing support in the morning and going to church and getting support and enjoyment.

11:53:26 He goes to boy scout and plays sports and a great quality picture.

11:53:30 You can see he has lots of color outside of school.

11:53:34 I don't want Peyton to only have the green during school.

11:53:37 So how can we use some of the red.

11:53:58 How can we leverage technology? Now that he can't sometimes be in a pull out classroom if that is what is needed, are there ways we can use the personal strengths and asset or friends at school support him at in the classroom? Or computer things that we can do and integrated as possible?

11:54:04 So they used that calendar to advocate for school.

11:54:09 This is just another example of Pat.

11:54:16 Pat did something similar.

11:54:20 When do I need my staff to come and help me?

11:54:26 Pat wrote out what her day looked like and the different types of support.

11:54:30 She put in the types of support she was using and when.

11:54:50 When she did the schedule with the green. Here is when I I want staff to come in. From 1 to 2:30 I need help with home management. From five to six I need staff to help me to cook or out to eat.

11:55:16 When I don't have staff I'm using remote monitoring. Or wanting to needing to schedule a staff or PPA and self-directed staff when is the best time for staff to come. Especially right now and thinking about what reentry, I think that is a the word a lot of people are using.

11:55:45 You haven't had staff and had a lot of relational support and trying to schedule another time for staff to come in and support you in your life. When would that make the most sense? When do I have time with my family and keep that? When I'm I using technology and don't need a person to be here physically? When can I schedule it and make it a way that makes sense?

11:55:48 Another great sign language planning for hospital discharge.

11:55:54 This is Barbara. She was admitted into the hospital.

11:56:09 Before Barbara went into the hospital it was all blue. Barb buzz really independent lived on her own. Volunteer and got herself to church and life group and did all of the different things she enjoyed doing.

11:56:18 When she went into the hospital her needs change and different types of support she was going to need in order to be able to come home.

11:56:35 They did a star what are the different supports that Barb had and leverage and life alert. Do we need to put some grab bars? Should we get a raised toilet? She has a cell phone, do we need a walker or cane?

11:56:55 What are the different people that might be willing to provide support? Her granddaughter and what does she qualify for? What are the different community supports that we can access?

11:58:40 What do we need (I just connection).

11:58:47 >> : Maybe you want to write in what you want your week to look like and color it in with different types of

support.

11:59:03 Maybe you have a schedule that you want -- are available to me. You can think about what do I want them to do and help me achieve the vision of a good life?

11:59:07 >> : We have integrated support resources that you can access.

11:59:12 We have started stars. Maybe you're not sure what some of the resources that you have available to you.

11:59:22 We got some kind of cheat sheets you can access and all kinds of different starter stars for every life domain.

11:59:37 Maybe you want to think specifically, maybe your goal is to get healthy or moving into a community or into a new home we have starter stars to help you think about all of the resources that might be available.

11:59:52 Again, you can access all of those by going to LifeCourse.com and we have different tutorials and things you can check in on in order to download those resources.

12:00:09 So with that I'm going to stop talking and let you guys ask any questions. We've got plenty of time and feel free to ask away.

12:00:18 >> MIKE BRAY: You can type your questions into the chat box or if you like you can unmute yourself and ask Jenny what you want to ask.

12:00:21 >> TEDRA JACKSON: Thanks Mike.

12:00:45 One of the reasons that we want to dive deeper into this resource is because what is going on right now. We felt this was a valuable resource what is going on with the pandemic and people not being able to live the life they were used to using.

12:00:48 Live the life they were used to.

12:01:08 And so we felt like going deeper into the integrated support star as well as the calendar would help people to kind of be able to think through what your -- what you want your life to look like right now during this time.

12:01:28 And of course, it's applicable at every stage as with all of the LifeCourse tools, but right now, when with the COVID pandemic it's really important that we can -- that we begin to think through how we can still have a good life.

12:01:33 Even though it might be a different life than what we're used to.

12:01:41 I'm also going to stop talking right now and I encourage you all to ask Jenny any questions that you may have.

12:01:47 We did put the link to the website in the chat box.

12:02:09 And we by tomorrow the recording for this meeting as well as the PowerPoint and the additional resources will be up on the website for this -- for these webinars.

12:02:20 >> JENNY TURNER: I would just jump in. I think you're exactly right. A lot of us experience some of the supports we were used to and can't access.

12:02:22 My family doesn't live here.

12:02:49 So I'm used to kind of relying on them for a lot of thing and haven't been able to see them for several months. It's been helpful to me to have the star feeling overwhelmed and need help and normally get help here and can't get it there and what are the other resources that I have available and access.

12:03:33 There is curb side delivery or curb side pick up and not have used and capture some of the new strategies and support to help me to live the best life that I can right now.

12:03:52 >> JENNY TURNER: Any questions we can answer? You guys are going easy on me today.

12:04:05 >> MIKE BRAY: Not seeing any questions.

12:04:10 >> JENNY TURNER: How would you feel if we did a star together? We got time.

12:04:14 Let's practice it. Could get a little crazy.

12:04:18 So I'm going to pop up. Give me just a second here.

12:04:23 I'm going to pop up.

12:04:28 >> MIKE BRAY: Did have one question pop up here. Can you see that one.

12:04:38 Say the presentation seems to focus on higher functioning individuals how can we adapt to lower ability less resources.

12:04:43 >> JENNY TURNER: That is a good question. The thing I like about the star. We start where people are at.

12:04:47 No matter the kind of level or ability or resources.

12:04:54 I seen stars even that have some blank sections and I think that is okay.

12:05:01 It's a way to focus, maybe that is a priority area that we need to think about developing the resources.

12:05:14 We have worked with a lot of individuals that maybe are moving from a more congregate setting or institutional setting and don't have any community base resources.

12:05:16 They are not familiar with that.

12:05:27 So one of the first thing their team did where would they like to go in the community and like to do?

12:05:28 Starting to fill that in.

12:05:34 One of the things we encourage folks to do is think about a split star.

12:05:37 Let me see if I can find a split star.

12:05:48 It's really drawing a line down a the middle of each section and having a now and column for future.

12:05:50 Skill set and personal view.

12:06:03 Ben is a great example. If he would have done the split star and working with him to stay home alone. His skill set for staying home at alone was not great.

12:06:15 The now would have been blank. Thinking about the future. We knew that Ben needed to be able to call 911. Whatever those things are that would become goals.

12:06:18 It's a way to think about development.

12:06:27 You know, one of the questions that we get a lot of, what if an individual (inaudible comment) communicate KAT.

12:06:33 How do we know what the resources are? Like or comfortable with?

12:06:38 I think for me it's really going back to how do you know anything now?

12:06:42 How are you learning about that person now?

12:06:52 Who knows them maybe the best and help with giving our best guess for lack of a better term.

12:06:54 What do the reactions mean?

12:07:05 When we do this and he smiles, laughs throws, something, has a grimace. What does that mean?

12:07:09 How does that tell us what else we might need to do?

12:07:19 I'm not sure if I answered your question. That would be my starting point.

12:07:23 >> JENNY TURNER: Another great opportunity with the star is to think about a community.

12:07:28 You don't have to do a star for a person. You can do a star for your neighborhood.

12:07:30 For your city.

12:07:36 So thinking about what are the community base resources that exist in Detroit.

12:07:45 What are the eligible specific in Detroit? What are different types of relationships that people might be able to have in.

12:08:08 Sometimes that also tells us as a community or system what are some areas of strengths and gaps that we might need to think about and focus on?

12:08:13 >> JENNY TURNER: Any other questions?

12:08:19 There was a question in the chat box.

12:08:22 >> : This is Yasmina.

12:08:31 Since the presentation seems to focus on higher functioning individuals how can we adapt with lower abilities and less resources?

12:08:34 >> JENNY TURNER: We just answered that question.

12:08:43 >> : Sorry, guys.

12:08:57 >> TEDRA JACKSON: I do have a person that is interested in doing the star as an example, but is having trouble trying to unmute themselves and I'm going to try to troubleshoot that.

12:09:02 For a second.

12:09:19 >> JENNY TURNER: You do that I'm going to find my fillable star.

12:09:22 >> MIKE BRAY: Trying to unmute.

12:09:32 >> TEDRA JACKSON: Sherry.

12:09:42 >> MIKE BRAY: I assume Sherry is on your phone. To unmute you can star six and you should be unmuted.

12:09:43 >>: Okay. Thanks.

12:09:46 >> : I forgot that little bit.

12:09:50 So I am with -- thank you.

12:10:11 I'm a person with a severe mental illness and I receive services from the public health system for 14 I had the severe mental illness schizophrenia since I was 17.

12:10:21 And I heard voices and I unreality thoughts and I saw statues talking to me and people were following me.

12:10:30 I just had these symptoms from 1971 onto 2006 every day.

12:10:49 And then finally in 2006 I find a psychiatrist that could put me on high dose of medication and had a lot more ability -- but I want to talk a lot of different stages.

12:10:52 Sometimes I had to go to the hospital.

12:11:00 And had to figure out using -- I haven't used the star, but I can see how I could.

12:11:01 There are times.

12:11:07 I work full-time. So sometimes I needed to take a leave because of my symptoms.

12:11:12 So I could see how you could use the star all the time.

12:11:19 But I do want to say that, sometimes I have more needs for support than other times.

12:11:30 Because in 2018 I was off for 7 months I have really, I needed more support in my relationship.

12:11:43 So my relationship for a while I had one friend that used to talk to me. Need to talk about my problems.

12:11:50 I'm a person that does better if I get to talk about what emotionally is bothering me FLT.

12:12:01 I had one friend and talking to me all the time and set boundaries in the relationships because I was calling her too much.

12:12:21 Now I have big several people from church. I have gotten some support that are co(inaudible comment) that I met doing training with them on the job.

12:12:29 I have other co-workers that have become friends.

12:12:44 And so my support circle has grown from having one friend and not much interaction with my family to now I have all of these different kinds of support.

12:12:58 Plus when I got hospitalize my parents, my dad is dead, but my mom and three siblings and three sons started to get very involved in my life.

12:13:11 So now I've got family support, which I didn't have for years, because with the mental illness sometimes you burn bridges and you're just too much for your family.

12:13:21 But I have learned how to be respectful of everybody. Learn how to have boundaries with my calling.

12:13:27 So I have all these more relationships in my life.

12:13:32 My personal strengths were that I live alone.

12:13:44 And my personal strength is I can keep myself happy for a long period of times, but like you used in your example, I had to learn how to do that.

12:14:01 I had to try different crafts and different things to fill my lonely time, because I was very lonely and I needed to not always be calling people.

12:14:13 So I developed reading, swimming, crafts, and writing a gratitude list.

12:14:23 If I write down what I'm thankful for in the morning, at night I don't need my natural supports as much.

12:14:24 Technology.

12:14:33 So technology for a long time I needed people to show me how to do things.

12:14:41 with technology, but now I'm to a place I can troubleshoot myself.

12:14:45 I use my computer for developing praying.

12:14:54 I use my phone sending positive quotes to people.

12:14:57 I try to be a hope giver.

12:15:10 I created a presentation called Catching Hope. Hope Givers and because of that presentation I got five awards.

12:15:24 When I was getting all of these awards through work and through the natural Council and stuff my family didn't think that I needed them and I didn't tell them I needed them either.

12:15:31 Now I use technology to communicate with my siblings, my son.

12:15:47 I'm not able to see them in person. Not just because of the stay-at-home order, but because I had surgery January 7th so I stayed away from family and friends as not to get sick.

12:15:58 And that was my last total knee replacement. Now July 13, I'm going to have a right total knee replacement and staying away from family and friends again.

12:16:01 But I'm using technology to stay in contact.

12:16:03 Zoom meetings.

12:16:10 We use Team at work and teaching a speech class.

12:16:14 Technology is just growing for me and meeting my needs.

12:16:18 I'm learning and more and more how to use technology.

12:16:23 And I'm on this call, because I take good notes.

12:16:32 And I love person centered planning. So I'm taking notes for my boss today who couldn't be on the call.

12:16:35 I thought you did an excellent job.

12:16:38 Let's see what else is in the star.

12:16:44 So community base. Would you say that would be by church affiliation?

12:16:47 I'm close friend with the pastor.

12:16:51 Since 1986.

12:16:54 I have many friends in the church.

12:16:59 And that has done a lot.

12:17:15 The other part in the community when I could and I will be going back is using Waterford School pool and

swimming an hour a day.

12:17:18 I'm able to, I do have a car.

12:17:23 Some people will say, okay, you're very high functioning.

12:17:26 What about the low functioning?

12:17:31 Well, I do have a car and able to drive to the grocery store.

12:17:41 I'm able to get my own grocery, but there have been times when I was so sick that I went into the hospital, because I couldn't take care of myself.

12:17:50 So hospitalization is a community base, well, I think of it as community base.

12:18:04 Eligibility, I don't really fit in that anymore, because I don't receive services from the public health system anymore, but I did for 14 years.

12:18:11 I was able to get case management. And support groups and training.

12:18:36 And developed public mental health system the best thing they did for me teach me about person centered planning. If somebody can write their own person centered planning and telling you their goals, dreams, wants and quality of life can definitely go up like the gentleman that we heard today.

12:19:07 My dream job that I wanted was to be a trainer at educational specialist, motivation speaker and had the dream and took 20 years to get this job in 2003 and have at Oaklan community health. And figured out what I needed to do to make the dream come true.

12:19:08 Go to college.

12:19:12 Volunteer. Get used to working 40 hours a week.

12:19:14 I wanted a full time job.

12:19:20 I did a lot of things to help me get ready for things like the gentleman we heard today.

12:19:25 So I wasn't always this high functioning individual.

12:19:35 When I was raising my three kids alone, 7, 5, and 4. I left their husband. I mean my husband, because he was violent.

12:19:50 I was too sick to work and so I went to school and a lot of times I went to school part-time even though I was signing up for full-time and I would get incomplete.

12:20:01 Took me eight years to get my college degree. Psychiatrist never, ever get a college degree or work.

12:20:03 I want to leave you with that.

12:20:06 We touched all parts of the stars.

12:20:11 I don't know when this ends and I don't want to go over the time.

12:20:26 Thank you, for letting me share and give hope to people that if you have someone, we try not to use the word, not function or not high functioning, because we try to think of their ability.

12:20:31 So try to think of everything they can do right now.

12:20:46 Even though in your mind you might think they are low functioning. They really aren't. And go from a few abilities to many abilities, like I have.

12:20:50 I did not blossom over night.

12:20:59 That dream was 1983. Took time. And came in 2003. 20 years later.

12:21:07 I want to encourage everybody. Thank you very much for an excellent training and go and all be hope givers.

12:21:11 >> JENNY TURNER: Thank you so much for sharing and really appreciate that.

12:21:14 I love so many things about what you said.

12:21:18 Just in a couple of minutes we were able to list a lot of different resources.

12:21:21 We all have good days and bad days.

12:21:27 When you have a bad day and pull out this star. I'm going to send it to Tedra and send it to you.

12:21:30 All of the different resources. Sometimes we forget.

12:21:37 Right. It's hard to, you can pull this out and say here are all of the different things that I have available to me.

12:21:42 It's just remembering. I'm good at #12U6 too.

12:21:47 You know, I really appreciate you sharing. I think it's such a great example.

12:21:49 And I love what you said.

12:21:51 You had a GREEM.

12:22:00 You thought about what you needed to know and do to reach that dream as you go on your journey. Thanks Sherri so much.

12:22:02 >> : There is a question.

12:22:04 From Facebook.

12:22:10 >> TEDRA JACKSON: That Tracy, can hopefully read to us.

12:22:26 >> TRACY VINCENT: So there is a question from Amy and this is for Jenny are these support planning tools used by independent support in your state?

12:22:42 >> JENNY TURNER: So we don't have independent in the same way you have in Michigan. You can use them for independent facilitation.

12:22:58 I know on our webinar. A couple of weeks ago. Angela Martin talked about independent facilitation. And I encourage you to check that out. Michael was putting the link in the chat box.

12:23:22 These could be a great resource for independent facilitation. Facilitators could use them or use the tools as a way to prepare for a meeting. No matter who is facilitating. Just like we did with Sherri. And what are the different resources and taking that to a planning meeting.

12:23:28 So you have that and set your goals and outcomes. How can we make that happen?

12:23:36 Even before you set your goals and outcome and think about what the vision might be?

12:23:55 >> : Still have the translators required forms. Unfortunately, Medicaid they see the value in this absolutely, but training, not necessarily a formal tool.

12:24:07 A lot of information you need for your formal forms can really be gathered in this quick informal, easy to use visual way.

12:24:38 >> TEDRA JACKSON: Thank you, Jenny. Are there any more questions? We do not have a certificate of attendance. If you need something that shows you attend today and e-mail me and I will gladly work on getting you something.

12:24:54 If that is necessary that you need to prove that you were on with us today.

12:25:04 >> TEDRA JACKSON: Okay. I'm putting my e-mail in right now. If you can just send me an e-mail and tell me what you need. I will gladly get it to you.

12:25:33 I would like to thank you, Jenny for being with us. It was really great. And as we said at the last webinar, Michigan is a LifeCourse state and community in practice and we do have people in the state that can give presentations right now they would all be remote.

12:25:45 If you're interested in having a presentation on the LifeCourse I'm putting my colleague Tracy Vincent and putting her information in the chat right now.

12:25:51 You can reach out to her by e-mail and help you get something scheduled.

12:25:55 Help you get a presentation scheduled.

12:26:00 We really appreciate, Jenny, being with us today.

12:26:29 Our webinar topic for next week, Thursday June 25, we will have someone from Behavioral Health and Developmental Disability that is part of MDHS and will be coming to talk to us and present to us on the Medicaid waiver and the changes that are happening with Medicaid in the wake of the COVID-19 pandemic.

12:26:42 And so we hope that you will join us. Get that information about what changed in Medicaid or what has changed in Medicaid right from the source.

12:26:59 That is next Thursday, June, 25, at 11 o'clock and all of the information will be sent out by e-mail and Facebook as always. Thank you so much for joining. Bye, Jenny.

12:27:09 >> JENNY TURNER: Thanks guys. Great to be with you.