

Welcome to the Green Mountain Self-Advocates Person Centered Training: Getting Involved in Your Community

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What This Training is About: Getting Involved in Your Community

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Introduction and Overview

- In the United States, people are expected to work.
- But people with disabilities have not been expected to work.
- In the past, those that do work have worked in places like sheltered workshops for less than minimum wage. Advocates spoke up. In 2002, Vermont closed its last sheltered workshop.



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A Good Life Includes Doing Something You are Passionate About: Like a Job and Volunteering

- Strong and meaningful relationships with family and friends.
- A job I look forward to going to.
- A safe comfortable home. I decide where I live and who I live with.
- Respect.
- Choices and opportunities, just like people without disabilities.
- Better physical and mental health.
- Having money to spend.



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<https://www.youtube.com/watch?v=QQv46VfNiRY>

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Everyone Can Volunteer. Everyone Can Work



1. Always believe that everyone with a disability can volunteer and work.
2. We believe this means people with all kinds of disabilities. People who talk and people who only say a few words. People who can run fast and people who use a wheelchair.
3. We need people in our lives who do not make assumptions about what we can and cannot do.
4. This is called **presuming competence**.

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Getting To Know A Person And Discovering What They Are Good At



1. Person centered planning focuses on what you are good at.
2. Pay attention to when things are going well.
3. Think about all that you do. For example:
 - are you good with people?
 - do you make things?
 - are you good with technology?
 - what do you know a lot about?
 - how do you spend time in nature?

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Creating and Supporting Networking Opportunities

- Networking is a common way to build relationships and discover new jobs.
- Clubs, civic, and religious groups, and other social activities are great places to meet new people.
- In the age of COVID, you can join groups and networks that meet over the internet.



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What is the Discovery Process and Customized Employment?

- A professor named Marc Gold started teaching people new ways to learn jobs.
- It helps people learn about your routines, interests, hobbies, and supports.
- It builds on person centered planning.



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What is the Discovery Process and Customized Employment?

- It might include trying out different jobs.
- It helps to make a one-page vocational profile and alternative resumes like portfolios and videos.
- Uses discovery results to help an employer make a job that fits what you can do -- "customize employment".



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Tell Jordan's Story



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Things to Think About #1: Volunteering and working are great ways to meet new people and create friendships.

Share the invitation that you made for homework.

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Break Out Room Session #1 (10 min):

(Please remember that what happens in the breakout room stays in the breakout room. Please respect your colleagues' privacy).

In this breakout room, we want you to share the invitation that you made for homework.

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**Getting Ready for a
Person Centered
Planning Meeting**

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How is Person-Centered Planning Different from Service Planning?



Person Centered Planning

- Expands choice-making
- Gets more people involved like family, friends and community members
- More people can help you reach your goals and dreams

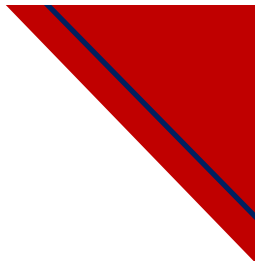
Service planning tends to limit:

- Discussion to the service system
- The number of people invited
- The number of helpers to people who are paid

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<p><u>About Todd</u></p> <ul style="list-style-type: none"> • Independent & lives in his own place • Enjoys listening to music & hanging with friends • Favorite singer is Jeremy Camp • Likes to cook (pasta, sandwiches, etc) • Strong circle of friends & family • Likes watching YouTube and Netflix • Wants to (date) • Likes to be busy (eat out, go to gym, etc) • Uses T9 (text) (working on left & likes) • Cool, funny & great sense of humor 	<p><u>Skills / Gifts / Strengths</u></p> <ul style="list-style-type: none"> • Organized, responsible, and on time • Keeps to schedule & follows directions • Works well with check list • Loyal, honest and trustworthy • A people person! • iPhone use—ph/text, apps, timer, reminders, etc. • Likes a challenge!
<p><u>Resume experience</u></p> <ul style="list-style-type: none"> • Greeter / host, customer service • Facing shelves, packaging & pricing • Receiving and unloading, sold food • Sweeping, dusting & wiping tables, windows • Food prep, kitchen support • Commercial dishwasher 	<p><u>Works for Todd</u></p> <ul style="list-style-type: none"> • High expectations & accountability • Check list of tasks • Regular schedule • Watching an example (YouTube or ph video) • Practice / repetition <p><u>Spirit of competition / challenge</u></p> <ul style="list-style-type: none"> • Rewards / recognition / celebration <p><u>Doesn't Work for Todd</u></p> <ul style="list-style-type: none"> • Low expectations—if you don't think I can I won't think I can • Fine motor / dexterity



Introducing a helpful tool:

The One-Page Profile

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How Can You Use a One Page Profile to Plan Your Person Centered Planning Meeting?



It puts important information about you on one piece of paper

- What is important to you,
- What people like about you, and
- How you want to be supported

It can also be changed to include your dreams and goals

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Max's One Page Profile

What People Like & Admire about Me

How I give good input at meetings
 I care about other people's wellbeing -
 I am good at writing and editing
 I am a good listener
 I was proud to give an award to Senator Tom Harkins
 I am a great public speaker and present workshops
 He is very accepting of people with all kinds of abilities
 He is very helpful and does not get frustrated

What's Important to Me

My parents and family
 Being at home, comfortable and having a home in VT
 Having friends like Chester Finn
 Cards games, going out to eat,
 Going to sporting events in person - Special Olympic
 Studying and watching extreme weather
 Self-Advocacy

What Is My Biggest Dream or Goal?

International Self-Advocacy
 Talking with people with disabilities all around the world.



How I want to be supported

- on business level - I like to have info sent to me a week ahead of time
- chatting live with others to understand what is said in meetings
- reminders of what I need to do
- I need people to respect my privacy

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Sample One Page Profiles

- What We Love About Freddie
- Liz: Enhancing relationships between families and providers
- Retrieved from:
<https://onepageprofiles.wordpress.com/>
- Helen Sanderson Associates.

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Things to Think About #2: Volunteering and working helps people in many different ways. Helping other people lets them know that people with disabilities care about their community and making a difference.

Think about why you work

- What do you value about being employed?
- What are the benefits of working?
- How would your Personal Profile reflect what you have?
- chosen to do during the day?

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Break Out Room Session #2 (10 min):

(Please remember that what happens in the breakout room stays in the breakout room. Please respect your colleagues' privacy).

In this breakout room, we want you to talk about what is your dream job or where you would like to volunteer



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Practice Assignment

Develop a One-Page
Profile for Yourself
You can ask for help!

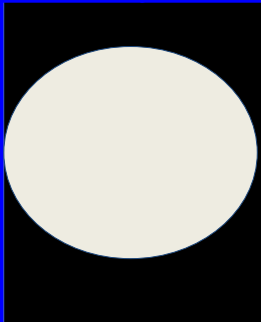


<https://onepageprofiles.wordpress.com/>

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_____ One Page Profile

What People Like & Admire about Me	What's Important to Me	
What Is My Biggest Dream or Goal?		How I want to be supported

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Post Three Words On How the
 Training Went
 For You in the Mentimeter

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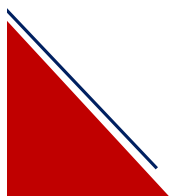
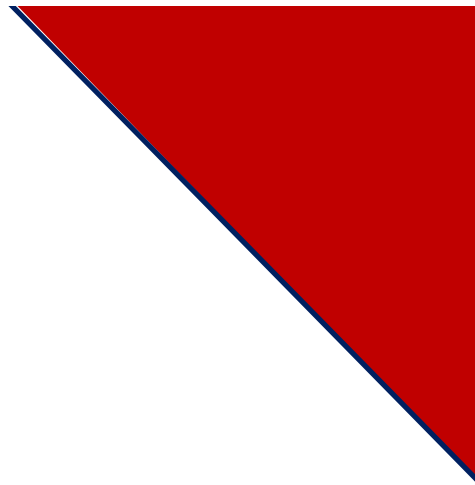
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