

Person Centered Treatment Planning

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Person Centered Treatment Planning

Person-centered care and planning involves rethinking the traditional treatment process so that it is more responsive to consumers' expressed capacities, needs, desires, and rights to self-determination.

Person Centered Treatment Planning

Person-Centered planning addresses all areas of the individual's life and seeks to bridge the gap between where the person is now and where they want to be in the future.

Person Centered Treatment Planning

The Person-Centered planning process is designed to maximize the person's experience of:

- Community presence-sharing ordinary places and valued activities with others.
- Choice/control-freedom to make decisions, both in everyday matters (like what to wear, what to eat, and when to go to bed), as well as large, life-defining matters (where to work, where to live, and with whom).
 - Competence-opportunities to engage in functional, meaningful activities with whatever level of assistance is required.

The Person-Centered planning process is designed to maximize the person's experience of: (cont)

- Reputation/respect-having a valued place or role in one's community, and being seen by others in a positive ways
- Relationships-development of a network of personal relationships and friendships, which in turn provides the context and the support for a person to engage in self-chosen activities ₁

Strengths-based Language

Written and spoken language honors PCP values

- Using person-first terms
- Avoiding overly negative connotations
 - Being careful not to communicate hierarchy/social control
- Most important-deferring to the person “when in doubt...” —consumer/patient/person

Goal

as defined by the person

Strengths to Draw Upon

Barriers/Assesses Needs
Which Interfere

Short-Term Objective

- Behavioral
- Achievable
- Measurable
- Time Framed

Interventions/Methods/Action Steps

- Who is delivering
- What is the service
 - Frequency
 - Duration
- Purpose, intent or impact

Measurable Goals

Acceptable level of performance refers to criteria. This means the goal must include a description of how “achievement” will be defined. In writing this part of the goal, always consider how the person or the people who know the person will define success. Performance must be overt, that is, it can be observed directly.

Measurable Goals

Measurable goals are most easily written by using words that are open to few interpretations, rather than words that are open to many interpretations

Words Open to Many Interpretations

- To know
 - To understand
 - To really understand
 - To appreciate
 - To fully appreciate

Words Open to Many Interpretations

- To grasp the significance of
 - To enjoy
 - To believe
- To have faith in
 - To internalize

Words Open to Fewer Interpretations

- To write
- To recite
- To identify
 - To sort
 - To solve

Words Open to Fewer Interpretations

- **To construct**
 - **To build**
- **To compare**
- **To contrast**
 - **To smile**

Example Goal

**With minimal staff assistance (*condition*),
Marsha will choose her clothing, based on
the weather (*performance*), five out of
seven days for the next three months
(*criteria*).**

Example Goal

With prompting and redirection from staff (*condition*), Charles will not scream while eating (*performance*), two out of three meals, for five minutes each time, for the next two months (*criteria*).

Measurable Goal Checklist

- What is the actual (measurable) starting point for this knowledge or skill?
- What will I see this consumer doing when he/she reaches this goal?
- Did I avoid vague or unclear words or phrases?

Avoid

- Goals just requiring attendance/participation
- Goals that emphasize the absence of something;
stress active, positive change
 - Examples
 - John will stop having temper tantrums
 - John would meet the objective of no longer losing control of his anger if he were dead!
 - John will remain calm when faced with frustration

Developing Measurable Objectives

"The goal is where we want to be. The objectives are the steps needed to get there."

Measurable Objectives

Measurable objectives are the specific measures we use to determine whether or not we are successful in achieving the goal. The objectives are instructions about what we want the client to be able to do. Use verbs and include specific conditions (how well or how many) that describe to what degree the client will be able to demonstrate mastery of the task.

Examples

- John will demonstrate the ability to plan a menu for one week.
- John will demonstrate the ability to shop for one week's worth of groceries, staying within weekly grocery budget.
- John will gain the social skills necessary to initiate a conversation 2 times a day.

Intervention

An intervention in mental health treatment is used by staff members to address the objective by decreasing distress and increasing levels of functioning in clients.

Intervention

A quality intervention should contain:

- Who is delivering
- What is the service
 - Frequency
 - Duration
- Purpose, intent or impact

Examples

- SGL staff will provide Skills Training and Development 1-2 times per week for the next 3 months to increase John's ability to plan independent for a week supplies of groceries.
- SGL staff will provide Skills Training and Development 1-2 times a week for the next 3 months to increase John's ability to shop for one weeks worth of groceries, concentrating on nutrition and budgetary limitations.
- VCSS treatment team member will provide Skills Training and Development 2-3 times per week for the next three months to increase John's ability to initiate a conversation.

What if someone makes bad choices?

Perception

- Person Centered planning (PCP) will open up a “can of worms” and expose providers to increased risk and liability.

Reality

- PCP does involve risk; but it is risk taken on the part of the individual to grow, change, and recover
 - Research shows that people generally make very reasonable decisions – often with the team’s support
- PCP does NOT take away a provider’s right/obligation to intervene in emergency situations
- But, it suggests that interventions might look different

Clients are not interested in PCP

Perception

- Clients are not interested in/motivated to partner in person centered planning.

Reality

- First, ask **WHY** someone might not want to participate?
- Also, research on collaborative treatment planning shows that clinical service providers typically **UNDERESTIMATE** client's interest in participating in planning (Chinman et al., 2005)