

# If Not Me, Then Who?

*Why Person Centered Planning Matters!  
especially during COVID 19*

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## Lets Get Started

- Get yourself a Cup o' Tea (or other preferred beverage)
- Paper and a Pen
- **Cell Phone or Web Browser**
  - [www.polle.com/sheldonschw751](http://www.polle.com/sheldonschw751)

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## Poll Everywhere

- Web Browser
  - [www.polle.com/sheldonschw751](http://www.polle.com/sheldonschw751)
- Cell Phone
  - 1-747-444-3548
  - sheldonschw751

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## Introductions

- Jenn Brown
- Shelley Nessman
- Sheldon Schwitek
- Gabby Melnick
- Ed Kiefer

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## GRAPHIC FACILITATION



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## Poll Everywhere

- Web Browser
  - [www.poller.com/sheldonschw751](http://www.poller.com/sheldonschw751)
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What did you have for Breakfast this morning?

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**What were your first thoughts as Stay Home Orders went into place?**

Top

See the presentation to see the context. For more than 100 years, there has been a tradition of using a pollbook.

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**What were the things that you thought about in the beginning that would need to be addressed for you and your family?**

Top

See the presentation to see the context. For more than 100 years, there has been a tradition of using a pollbook.

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**How many more things got added on after the first week?**

1-2

2-5

6-10

10-20

Too Many to Count!

See the presentation to see the context. For more than 100 years, there has been a tradition of using a pollbook.

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**What things did you forget to plan for that surprised you?**

See the presentation to see the context. For more than 100 years, there has been a tradition of using a pollbook.

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STAYING SOCIALLY  
*connected*  
DURING THE COVID-19 PANDEMIC



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*Reaching Out for Support*  
Who did you reach out to right away?

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*Reaching Out for Support*  
What was there response  
What support did they bring or offer?

Visit the presentation to see the content. For more about us, visit the website or contact us at 1-800-458-3237

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*Reaching Out for Support*  
Who did you reach out to later?

Visit the presentation to see the content. For more about us, visit the website or contact us at 1-800-458-3237

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*Reaching Out for Support*  
Who didn't you reach out to,  
even though they may have been willing to help?

Visit the presentation to see the content. For more about us, visit the website or contact us at 1-800-458-3237

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What would your life look like  
if it was exactly the  
way you wanted it?

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My name is \_\_\_\_\_

My favorite color is \_\_\_\_\_

My favorite food is \_\_\_\_\_

My favorite animal is \_\_\_\_\_

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My name is \_\_\_\_\_

My favorite color is \_\_\_\_\_

My favorite food is \_\_\_\_\_

My favorite animal is \_\_\_\_\_

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**ELLIE STAFFORD**  
AGE 5  
KINDERGARTEN

Thank you for seeing me!

**VISION STATEMENT**  
My teacher and I agree to work with each other. We agree to help each other. We agree to be kind to each other. We agree to be happy and to have fun. We agree to be safe and to follow the rules. We agree to be good friends and to help each other.

**STRENGTHS**

- Drawing
- Singing
- Reading
- Writing
- Listening
- Following directions
- Sharing
- Making friends
- Being kind
- Being helpful
- Being brave
- Being curious
- Being creative
- Being confident
- Being cooperative
- Being determined
- Being enthusiastic
- Being generous
- Being grateful
- Being honest
- Being independent
- Being imaginative
- Being intelligent
- Being joyful
- Being kind
- Being loving
- Being loyal
- Being optimistic
- Being open-minded
- Being persistent
- Being polite
- Being respectful
- Being responsible
- Being safe
- Being successful
- Being strong
- Being supportive
- Being thankful
- Being true
- Being trustworthy
- Being warm
- Being wise
- Being wonderful
- Being young
- Being zany

**WHAT DOESN'T WORK**

- Being afraid
- Being angry
- Being bored
- Being confused
- Being nervous
- Being shy
- Being tired
- Being sad
- Being sick
- Being lonely
- Being overwhelmed
- Being out of control
- Being out of sync
- Being out of touch
- Being out of balance
- Being out of focus
- Being out of step
- Being out of place
- Being out of time
- Being out of order
- Being out of luck
- Being out of love
- Being out of heart
- Being out of mind
- Being out of sight
- Being out of reach
- Being out of touch
- Being out of sync
- Being out of step
- Being out of place
- Being out of time
- Being out of order
- Being out of luck
- Being out of love
- Being out of heart
- Being out of mind
- Being out of sight
- Being out of reach

**WHAT I'M WORKING ON**

- Reading
- Writing
- Drawing
- Singing
- Listening
- Following directions
- Sharing
- Making friends
- Being kind
- Being helpful
- Being brave
- Being curious
- Being creative
- Being confident
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What do people need to know

WHAT'S THE MOST IMPORTANT THING TO KNOW?

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# SUPPORTED DECISION-MAKING



Who is in charge of your life?

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- Presume:** Don't automatically assume that guardianship is needed, presume competence
- Reason:** Clearly identify the reasons for concern
- Ask:** Is a triggering concern caused by a temporary or reversible condition?
- Community:** Determine if concerns can be addressed by surrounding the person in family or community resources
- Team:** Ask the person if they already have a team for decision-making
- Identify:** Identify areas of strength and limitations in decision-making
- Challenges:** Screen for and address any potential challenges presented by supporters
- Appoint:** Appoint a legal support or surrogate consistent with the person's beliefs and values
- Limit:** Limit any guardianship petition or order to only what is necessary

# SUPPORTED DECISION-MAKING

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# SUPPORTED DECISION-MAKING



- Personal Will
- Living Will
- Advance Directives
- Power of Attorney
- Medical
- Durable
- Guardianship



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Who can you ask?



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## Practice

**Develop a script that you can use to ask for support.**

Think about the questions we asked earlier...

- Who were the people you asked immediately for help?
- What made it easy to ask them?

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Who can you ask?



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## Practice

**Develop a script that you can use to ask for support.**

Think about the questions we asked earlier...

- What about the people you didn't ask?
- What would make it easier to ask them?

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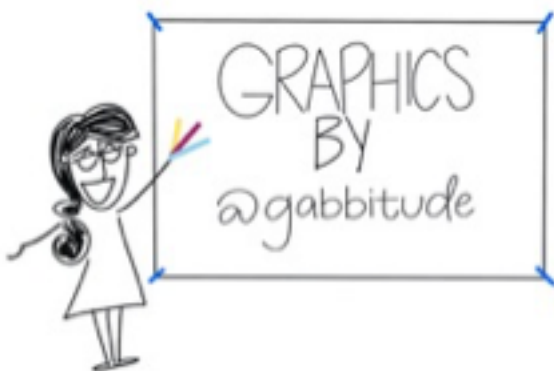
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## **HOMEWORK**

**Reach Out**  
to one person  
who is just  
“waiting to be asked”.

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