



Piscataquis Thriving In Place (TiP) Collaborative

Using person-centered planning to support independent living for seniors

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How My Involvement in the Collaborative Affected My Leadership Development

My experience with the Piscataquis Thriving in Place (TiP) Collaborative has opened my eyes to a more personal and effective approach to helping others meet their dreams and goals.

Through co-facilitation with Janet May, CCIDS' Coordinator of Transition and Adults, I recognized that although person-centered planning (PCP) is adaptable to any age group, individual preference, or need, there was a need for flexibility in use of planning strategies with seniors.

PCP challenged my perspective on the more traditional style of team facilitation I have used as a case manager.

I have developed the skills to incorporate PCP strategies into my day-to-day work as case manager and hope to be a part of a larger systems change.

I have gained leadership skills in family/person-centered practice, communication, active listening, and team facilitation.

Desired Person-Centered Planning Outcomes

- Increased participation by team members.
- Increased community involvement.
- Increased personal satisfaction.
- Increased commitment from team members.
- Produces change at the individual and systems level.
- Building networks of support.
- Individualized solutions to needs/problems.
- Improve the individual's quality of life based on their choices and priorities.
- **Happy seniors!**

Person-Centered Planning for Seniors

- Met with TiP team members and participated in basic strategic planning process.
- Assisted with piloting strategies and co-facilitating the team process.
- Researched Person-Centered Planning strategies.
- Met with TiP mentor, Janet May, to assist with developing Person-Centered Planning strategies for use with seniors.
- Participated in basic strategic planning and with identifying stakeholders.



Some PCP Strategies I Have Applied in My Current Practice:

- Use genuine and active listening.
- Build rapport with all team members.
- Be goal-directed and keep the team focused.
- Brainstorm.
- Identify opportunities within the community.
- Identify obstacles to be overcome.
- Develop a personal profile.
- Use a timeline to develop a history.
- Identify natural supports.
- Develop a shared vision.
- Use open-ended questions.
- Develop a relationship map.



How Person-Centered Planning Challenged My Case Management Approach to Planning

Case Management

- Case manager follows through with completion of tasks.
- Service-focused.
- Focuses on needs and limitations.
- Focuses on changing the individual.
- Directed by state controls.
- Individual works toward annual goals.

Person-Centered Planning

- Facilitator allows others to take responsibility.
- Person-focused.
- Focuses on dreams and life goals.
- Based on strengths and needs.
- Builds on natural supports.
- Desires to improve the individual's quality of life.
- Promotes choice.

