

Person-Centered Planning with Rural Senior Citizens in Maine: Case Presentations From Piscataquis Thriving in Place Project

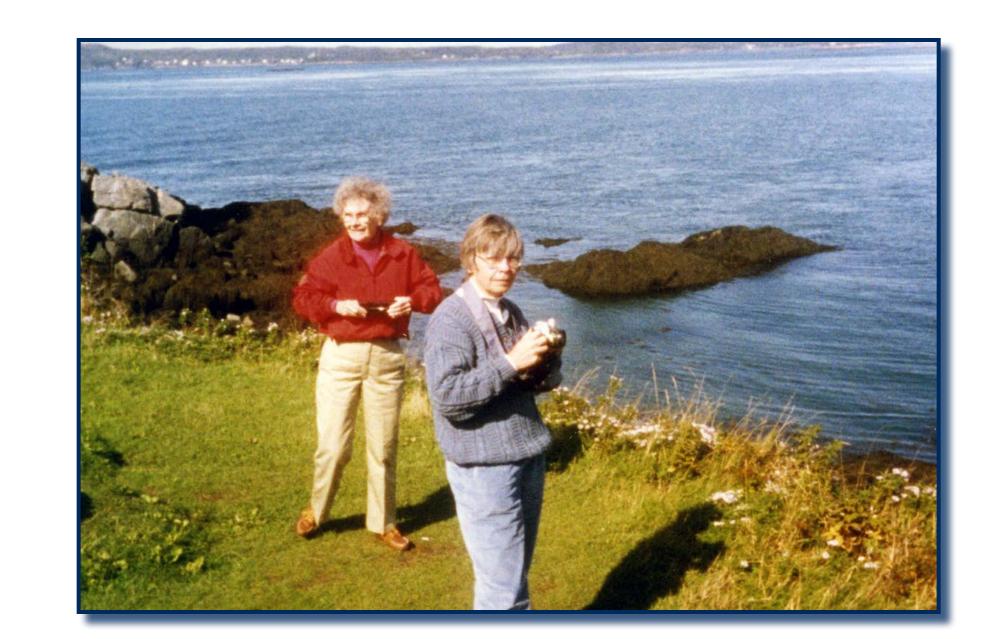


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Person-Centered Planning (PCP) is a process in which people work together to develop a positive description of an individual and plan for a future that is consistent with the dreams and goals of the person. The PCP process grew out of individualized planning for people with significant intellectual or developmental disabilities, but it is a planning strategy that is helpful for all people.

Meet Rowena

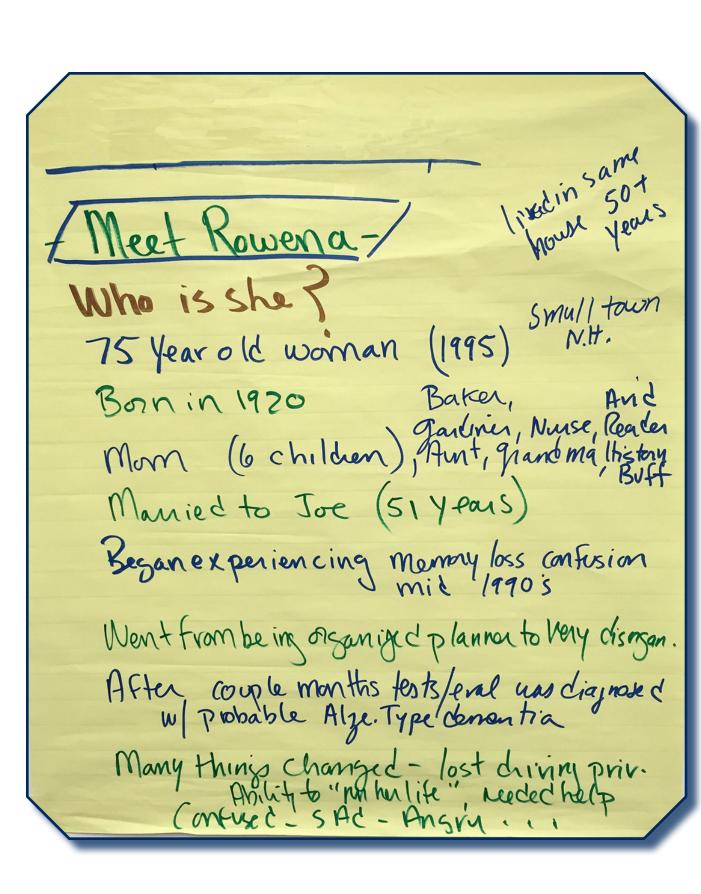






Rowena was a 75-year-old mother of six children. A nurse, baker, gardener, and avid reader, as well as a history buff, Rowena began experiencing memory loss and confusion at age 73. She lost her driving privileges, the ability to "run her life," and she was confused, sad and angry. She was most comfortable at home, but needed assistance to remain there.

Create a
Personal Profile



Determine What Their Needs Are

What is Needed? Concerns?

Safety - OK to be home Alone?

Adult son (Dave) Came backto live w/ her I

Meals - groceries - cooking
Dr. Appts / meds / How to manage

Visiting Nurses / Howse - Bills, snow, grass...

The Dog - Gedric - Walks etc.

Doing thing Rowena like Rides, visiting...

Printige Needs - Dev. Plan to follow

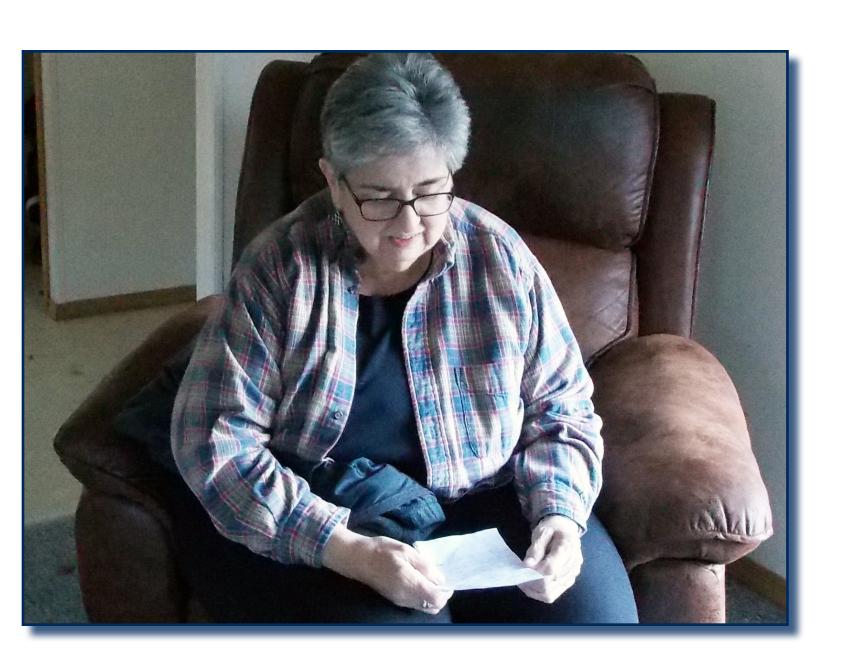
Help Available via Relationship map

Develop an Action Plan

Prioriti					
Someone	at house	when Dave	not there		
Menls	that she	likes + can	reat		
Dogu	sal kers	1 Rovena	nalhers		
what	who	when		Done	
People Rovena like to stay when	Church friends	4x wek M-F Between 9-Noon	talk to social amouns spurpat church-ser who can hui	Briew	
Help on Dan Nutritions Meals + items In freezen	Garden Club - Beth Masm Club Chair	2x reck	Beth has list club mambus - Reople who will make extra Cassable to fu	6/10 Cate for 1st delivery	
Ren N. to Ask 3-4 x week Ken Also will Ken Cedric Key Club For Cedric Ken Also will Ken Buck Buck 6/8					

Meet Chris

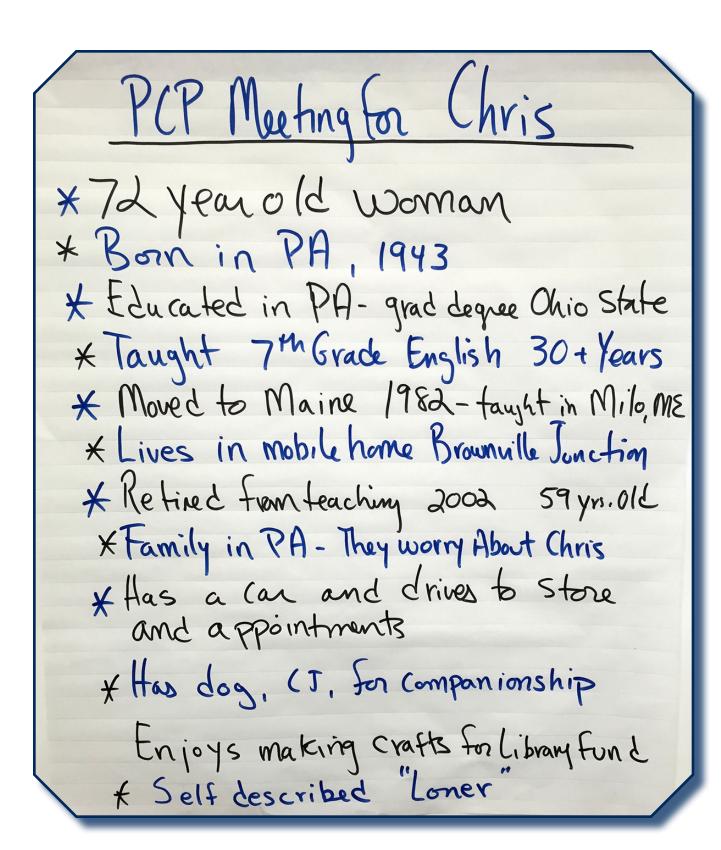




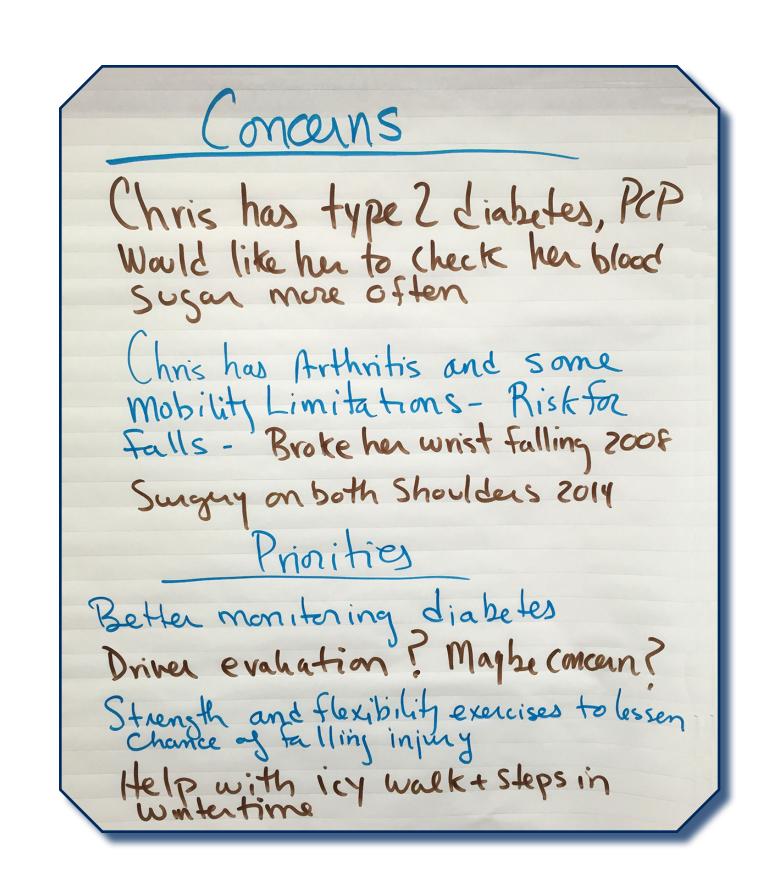


Chris is a 72-year-old teacher who taught English in rural Maine for many years. She has several chronic health conditions that have begun to limit her mobility and are of concern to her primary care provider. Chris recognizes that she needs some help but does not want her privacy and solitude violated.

Create a
Personal Profile



Determine What Their Needs Are



Develop an Action Plan

What	Who	Plan When		Done
Monister/Cleck Blood sugar 3 x day- get New meter w/large Numbers	Chris - get Assistance from PcPogpa	By July make Appt. to set New meter + training on use	lage Number glucose meter Propertest Strips for unit.	Appt.set for 7/12
Balance Assessment	Chnis to So to Appti and have Assessmet - PCP willman Referral	By middle of July - they are done 2x amonth		Scheduled for 7/21
Sign up and meet program manager from Azung on Azing for help with snow Remove Ley welk + Steps	Niece, Dee-A will call + set this up -	Visiting Christin	Name	Dee-Ann will call By August