

Overview of Lifecourse Framework Video Transcript

Good morning everybody, and welcome to April's installment of DDD's first Tuesday's training series.

How's everybody doing today? You folks ready for Easter?

All right, so to help me... or first of all... help you help me... let us know who is in here.

So today, we are going to go ahead and launch a poll to see who is joining us today.

So, you should be seeing a pop-up on your screen.

If you are joining today as a participant, let us know.

If you're joining us as a caregiver, an additional other stakeholder...

If you are joining us as a caregiver-- we want to know who is here today.

So, we'll give you folks a few more seconds to complete the poll that you see.

All right! Thank you so much! So, it looks like we have... a lot of caregivers here today.

So, welcome to everyone-- caregivers, service providers, participants, and family members.

My name is Abigail from the Developmental Disabilities Division training unit.

And today, we are going to go ahead and go over... the Overview of the LifeCourse Framework (Part 1).

So, this presentation is actually a two-part series.

If you would like to go ahead and attend the second part, we will be featuring it on June-- June's first Tuesday's training series.

Okay, so today, what we are going to do is we are going to go ahead and talk about what the LifeCourse framework is.

We are also going to talk about some person-centered planning principles.

And, those person-centered planning principles are important too and important for...

I know we touched on it in the introduction earlier, but today we're going to expand on it just a little more.

And then, last but not least, you will be able to recall the different life stages we have with the LifeCourse Framework--as well as understand parts of the trajectory.

And then, at the end of the formal presentation, we will open the floor for questions and answers.

And then, hopefully, you folks walk away with something from today's presentation.

All right. So, all together, what the Supporting Families Framework is-- their core belief is that everyone... (not just people with disabilities, but all people) have the right to live, love, work and play, and pursue their dreams in the community.

So, the Supporting Families Framework was actually... it started back in 2011.

And, what happened was... in 2011 there was a wingspread conference in which... the federal government, the nation's leading family agencies got together and they came up with this framework... which (at the end of the day) will support an individual (as well as their family)... throughout the lifespan.

So, this wingspread report... is available online.

In the follow-up email, we can go ahead and send you a link (if you are interested).

But, at the end of the three days, they walked away with eight guiding principles.

And, the eight guiding principles-- I'll go ahead and do a fast recap of what the LifeCourse Framework guiding principles are.

So, first and foremost, guiding principle number one is that all people are considered... in our vision, and our values, and our policies for the vision for a good life.

So, did you know, according to some data... (a study in 2015) they found that 4.9 million people in America have a developmental disability?

But unfortunately, only 25 percent of them are receiving services from a state agency.

That leaves the remaining 75 percent who unfortunately don't know anything about the disability services... and have not met the eligibility criteria within their state.

However, with the supporting families framework-- this framework, and the tools that we're going to go ahead and go over... touches on not just the 25 percent, but it touches on everyone that has a disability.

Our second guiding principles is that we believe that individuals exist within the context of our families-- and with the context of our families, we have our family systems and cycles.

So, individuals are always in the center surrounded by their family members.

Their family members are identified by who the person is.

And, at the end of the day, our family cycles support the individual (no matter what life stage or life cycle they are in).

Our third guiding principle is that we are looking to change our focus with our life outcomes.

So, traditionally with the medical model of disability (you know) we're always looking at these health outcomes.

But, over time, we found that we want to change the focus to support individuals throughout their life-- not just keeping them healthy and safe.

But this practice (and changing the focus)...is located at the local level (practice with our individuals) as well as changing our system.

Our next guiding principle, number four, is the life domains.

Building off of what I mentioned earlier right... we typically we always want to keep everyone healthy and safe.

But, with the supporting families framework, our guiding principles expands the life domains into six different parts.

We have daily life and employment, community living, social and spirituality, healthy living, safety and security, and citizenship and advocacy.

We need to make sure we start thinking more holistically, and not just looking at safety and security-- but looking at the different life domains separately to help us start looking at our lives more holistically.

Guiding principle number five is the life stages and trajectory.

Individuals and families can focus specifically on a life...a life stage-- but we want to make sure that we focus on future life stages and life experiences.

When we take a look at... looking at options for the next life stage we're in-- we get to anticipate... (you know) what's coming next. We want to make sure that we plan across the lifespan for the individuals we serve and support.

Guiding principle number six is individually and... individual and family supports.

Our supports address all different facets of life. and then it needs to be adjusted depending on if we are supporting our family members.

When we support our family members, we like to think of it as the three different buckets of support.

The first bucket is discovery and navigation.

This is where... and we provide families with information, education, skill building, and training opportunities.

The second bucket of support is through connecting and networking.

This is where we link up with different families who are going through the same thing, and making sure that other families are supported amongst their peers.

And, the third bucket of support is through goods and services.

This is where we provide additional financial support and assistance with daily living.

Guiding principle number seven is the integrated delivery of supports.

Families can access an array of these integrated supports to achieve their vision for a good life.

When we are looking at the integrated support star-- it helps reframe the conversation about natural supports and paid supports.

Or... I like to think of as... "who's helping me, and the different agencies or other government work groups that are helping me with my vision for a good life."

We want to make sure that we look at the different supports that are on the table, and learn... make sure we learn to use each one accordingly.

Guiding principle number eight is that in order for us to truly make a difference with supporting our families and supporting individuals with disability.

We need to apply this framework... with a public health strategy, and make sure that we expand this beyond just people with disabilities... but providing this awareness to the community and broader society.

Okay. So, when we are looking at our supports-- supports have continued to evolve over time, right?

Traditionally, the person with a disability exists in the context of their family.

When we had our institutions, the services wrapped so tightly around the individual, that it inadvertently cut them away from their family members in the community.

Moving forward, now we want to show that these integrated supports not only support the person (and we're no longer... we're no longer providing services within an institution)-- but these services are provided within their own community.

And, that is why it's extremely important that we make sure we focus on providing the supports across the family, the community, as well as the person.

These person-centered approaches that we have with our family members-- we must make sure that this journey across the lifespan always includes the family members-- because at the end of the day... the family members help support the vision for a good life.

Alright. So, you know, as we're talking about the families and vision for a good life... we always want to make sure that everything comes down to... what is centered for the person-- or what we call (right) person-centered planning.

Here in Hawaii, we are so fortunate that we actually have person-centered planning principles-- not necessarily mandated, but it is supported within our law.

And, to make sure that (at the end of the day) individuals with a disability are supported and that they are supported with their person-centered plan.

So, when we are looking at the different types of supports, we like to think of it as looking at them in two different contexts-- if this support is important to the person or if this support is important for the person.

This vision of a good life-- it's kind of like a balance, right?

You have to have a little bit of both.

It's not about staying happy or healthy.

It's not about staying satisfied or safe.

But at the end of the day-- it's about supporting both, and understanding that people don't do what's important for them, unless it's important to them.

Right? So... when we are looking at these two concepts of important to and important for-- the difference is important to are things that are important and really matter to the person.

These are a lot of the soft characteristics, you know, the memories that they hold. It's about their perspective. It's about... things that make them happy. Like for myself, I like to go Pokémon Go hunting.

That's important to me.

It keeps me happy, and it keeps me satisfied.

What's important for me is that... this is all the medical information.

It's important for me that I take my medication daily.

It's important for me that I continue to go to the doctor.

It's important for me that I'm helped, I have support, I stay healthy, and I stay safe and well.

Okay. So when we are looking at both, I like to think of it as "important to" is all the values of the person-- the people, the relationships, things they like to do, places they like to go...

An "important for" is information that maintains their health and safety.

And this is information-- such as going to the doctor. This is making sure that they take their medication on time.

This is making sure that we have follow-up appointments-- the aspects that help them maintain their health and safety.

So, let us go ahead and do a quick check-in to see what are "important to" and "important for".

So, I am going to go ahead and run a poll.

We're going to show a scenario on the screen, and you tell me if these are aspects of that are important to the person or for the person. Okay.

So, never feeling rushed. Are they "important to" or "important for"?

Awesome. You guys are getting it. Yes, this is important to the person.

Next, we have... one-on-one conversations.

Is this important to a person or is this important for a person?

Awesome!

Next, we have... let's take a look at the one on the left.

Taking medications daily. Is that important to them or important for them?

[No Audio]

Alright. How about not having to wait-- important to them or for them?

[No Audio]

Right! So, we're seeing all the results coming in.

If you take a look at it-- you folks are all getting it. Right on!

Next, we have being able to trust others.

Is that important to them or important for them?

[No Audio]

We also have visits from parents. Are they important to or important for?

Right. So, if you take a look at it-- a lot of these things could be both, right?

It could be both important to them and important for them. And, this is where I was talking about.

It's all about the balance to.

At the end of the day, make sure that these aspects are taken into consideration.

And, we're not solely focusing on things that are important for them (like we see on this next slide).

Eating healthy. What do you folks think-- important to or important for?

Right. If you are a health nut important to is eating healthy is important to me.

But, if you are like myself... (who's not very healthy) [laughing] eating healthy is important for me to make sure I stay alive.

Next, we also have charting our bowels daily.

Is that something that... we see it coming in every a lot-- everyone's coming in with the important for, right?

So, you see the difference between the two (when we're looking at the medical aspects about them).

And, the second is making sure that we still incorporate the values of the individual.

Alright. Next, we are going to go ahead and talk about the life stages and trajectory.

So, when we are talking about the LifeCourse Framework, I like to think of the question of "what is a good life?"

And, when we are talking about the... trajectory, I like to tell myself that... what... I like to ask myself "what does a good life look like?"--when we are talking about the trajectory, right?

At basic level, what a trajectory is... it is defined as a path or progression... that has a start and an end point, right?

So, if I was to throw my paper airplane, it would go on an upward trajectory.

But, realistically, the trajectory always sometimes eventually... it ends on a downward slope.

When we are planning with our family members (with the ones that we serve and support)... when we are looking at that trajectory of life... we are looking to plan towards positive outcomes, and avoid things that we don't want.

Okay.

So, again, when we are looking for our trajectory. We always want to make sure that it always shoots up.

But, you know, sometimes life happens right? Sometimes, we have a death in the family.

We celebrate with our first job.

But, also some negative experiences are... getting laid off or even getting married.

But, at the end of the day, when we are looking at our trajectory-- the beauty of it is... we always want to make sure that we shoot for positive things in our lives... instead of consistently going towards things that we don't want.

And, with the life stages and trajectory, we focus on the different life experiences and transitions throughout the lifespan.

So, if you take a look at the trajectory we have, when we are supporting children-- this is when they're getting their first diagnosis.

As we move up towards the trajectory, they are in school.

We're looking towards transition planning.

And then (eventually) talking about living what the adult life looks like.

As well as...as we're aging... looking at Medicare, dealing with death and loss.

But, when we are looking at... and the supporting families framework--what the supporting family framework does... is it allows us to focus on life experiences, as well as transitioning to the next stage (on the next life stage).

Okay.

So, how are we building... our life based on the conversations we have (based on things that we want).

We want to make sure that no matter what happens with the people we serve and support that it all continually tracks upwards on the upward trajectory.

Okay.

So, in a nutshell, today we talked about what the LifeCourse Family Framework is...and that we always believe that the person exists in the middle within the context of their family members.

We always want to make sure that we look at (and look across) the different life domains-- that include: citizenship and advocacy, daily life and employment, social and spirituality, safety and security, community living, and healthy living.

We also provide supports through our families to three different... through three different buckets of support--discovery and navigation, goods and services, and networking.

Last (but not least), we look at this integration of where the supports are-- it is always tracking on an upward trajectory across the different lifespans we have.

Alright. So, today, we... this was a fast and focused presentation. When we summarize information about what the LifeCourse Framework is... we will be continuing... this series in June.

So, before I turn the mic over... or in fact I will turn the mic over for question and answers.

Let me...

So, do we have any questions today?

So, in the chat, there are some additional resources that we have provided you folks.

For those of you folks that don't know... here in... the Developmental Disabilities Division, we have been using the LifeCourse Framework since about 2019.

So, in the chat, we provided you with a copy of what we call our "LifeCourse Portfolio"-- as well as information about what the LifeCourse Framework principles are.

Awesome. Alright. So, yeah, in the chat we have all those... information available for you.

So, I will go ahead and hand this over to Mike.

He is part of our training unit.

And then, if we have any questions, feel free to submit it through the Q&A portal that we have below.

Mike: Hi, my name is Mike, and I'm working with the Developmental Disabilities Division.

Are there any more questions?

I have... we have...

So again, we dropped the links to the handouts in the chat.

Any other questions?

No?

Well, I'd like to thank everybody for joining us on our webinar today.

Just to kind of kind of give you guys a little bit of a heads up as to what's coming up next... here, we have coming up...

Oh sorry, any other additional questions?

And also, if there is... we have... I'm going to be dropping our email in the... chat right now to make sure that (in case that you guys do have any questions) this is the best way to address.

Okay. Alright.

So, coming up, we're gonna be having the healthy introduction for the DDD Council.

It's gonna be learning about the Guide to Healthy Living tool that can be used to create any kind of new habit around eating healthy, exercising, feeling good.

We will be having our...

Yeah, this is what's going to be coming up next. And...

Sorry... advance this slide.

So, if you join us on Tuesday, May 3rd... from 11 a.m. to 12 p.m. we will be having that seminar, and I will drop a link in the chat for you guys.

Okay... it's not showing up.

And, moving forward, every first Tuesday of every month, we'll be having our training series.

And inside of the chat, we shall... we're gonna be having our link to the upcoming trainings.

Are there any other questions before... I'm gonna re... send the... email address-- because it doesn't look like it got hyperlinked there.

What?

Okay.

[Typing]

Well, thank you guys.

I appreciate your guys patience.

And, thank you for joining us today on our webinar.