



Making Lives Personal

February 2013

Issue #6

January has been filled with reminders of the value of person centered thinking tools.

I made a resolution to myself to be more mindful and conscious of the choices I make and how they affect the progress of my goals and the people around me. This has made a huge difference in many areas of my life. Some of the seemingly simplest things have been much easier to handle simply by keeping person centered thinking at the forefront of my mind.

We have two sons playing two different leagues in hockey. This initially meant two trips to the arena during the week and two Saturday games. This worked well. With my husband being home only on weekends we were willing to spend Saturday running around and keep Sundays for family; especially our Sunday evening family dinner that is very important to us. A kink was thrown into this schedule when Senior House League changed their game time to Sunday evenings.

When first presented with the changes my husband wanted to pull our son out of hockey because it didn't fit our "**important to's**"; my son couldn't understand why we would have to pull him out when hockey is so **important to** him; the other two kids just knew that this would cause a disturbance in our weekend traditions and I was stuck in the middle. It is **important to me** to have as much time as possible with my husband when he is home and family time. I **love** cooking our Sunday dinner and relaxing together. Not to mention this would put a dent in the gas budget driving to Burks Falls or Huntsville one more time per week. I also **love** watching my son's passion and excitement playing hockey and didn't want to take it away from him.

It took some deep examination of each family members "**important to's and for's**" to make a decision about continuing with hockey or not. I know how important hockey is to my son; I also know how important Sunday family time and dinner is to all of us, especially my husband and I. After much discussion and sharing our thoughts and values we found a good balance that makes sense and we are all willing to live with until the season ends. We will continue to have family dinners on Sunday around the hockey schedule and my husband will attend the earlier games with us but stay home if the game is late. My son gets to play; we all get our family time but have to give up a little bit. Compromise, balance and everyone is happy.

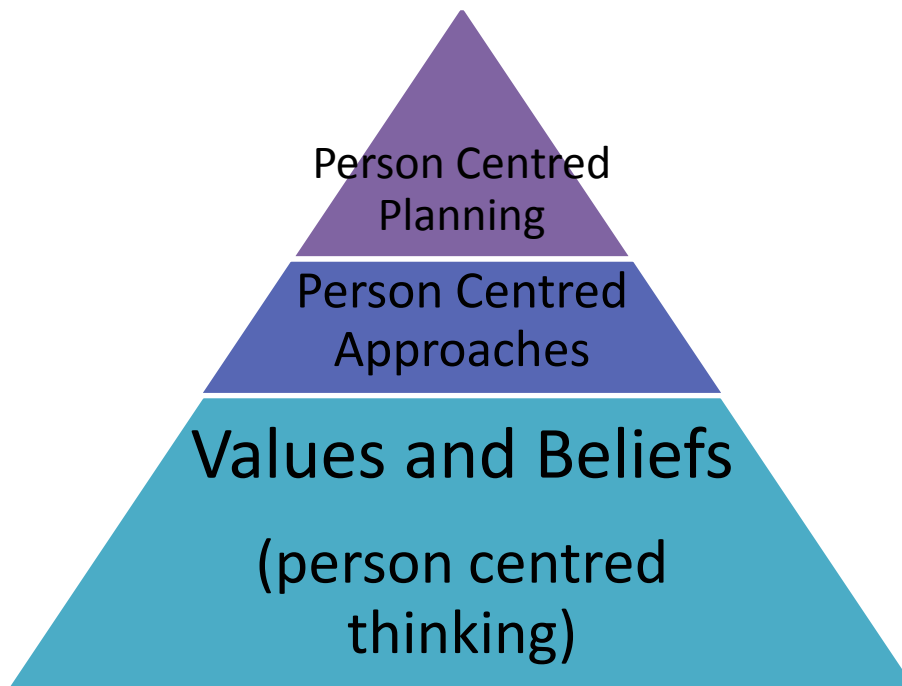
Had we not discussed and shared all of our thoughts and concerns this would be much more difficult to manage with everyone feeling unhappy with the result. Instead we have five happy people who have all made a sacrifice that they were openly willing to make. We are managing it as a family, consciously, mindfully.

Person centeredness is all around us, intrinsic. Pay more attention, take the time, choose to make life easier.

Goal Setting Cont'd

Last month we discussed personal vs. service goals and established that the ultimate goal is to support people to achieve “**better lives not just better paper!**” *Michael Smull, Learning Community for Person Centered Practices*

So how do we continue with goal setting between “planning reviews”?



We keep our thinking embedded in person centeredness. When you set a goal for yourself, you take the first step, if it works you move forward, if it doesn't work you change your approach or tweak your goal. You don't stop and wait until next year to review your goals and decide what to do next; you just do it ongoing all year long.

It is no different for people we support. We support them in their goals, taking the steps they need to take and move forward or tweak. Goal setting is ongoing all year long. The difference is that we record it for people we support for accountability. There are no “wrong results” when supporting people to take steps they have identified as necessary to reach their goals. Record the results and the next steps. Show the progress. It's life as they want to live it.

The values and beliefs (person centered thinking or personalization) is the most important part of supporting people, how we approach it is individualized and the plan is the recorded version of all the thinking. Without the thinking we cannot plan successfully with people unless our goal is better paper. We must learn about people individually to help them get better lives.

examples will be discussed at your next staff meeting, bring along a goal to breakdown or build upon