

Making Quality A Habit

Putting Person Centered
Practices to Work

Resource Notes

2020

April

More Resources for Supporting Individuals During the Pandemic

This Note includes:

- Link to **YouTube description of COVID** (Training Resource Network) in plain language
- Tips for **Working with Support Staff During COVID-19** (Green Mountain Self-Advocates)
- **Brenda Smith's excellent worksheet** (thanks Brenda) instructions for building one page descriptions for carers or health care professionals

Thanks to **Tina Calderaro-Mendoza** for the lead to plain language tips and **Eric Zigman** for the YouTube link. Thanks also to **Helen Sanderson Associates** and **Mary Beth Lepkowsky** for the template format, access to other templates and a short video introduction to the one page description/profile:

General Information about One Page Profiles/Descriptions -

<http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/>

Additional templates-<http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-templates/>

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This course has been created for you for free from Training Resource Network.



STAY SAFE from the CORONAVIRUS

A QUICK COURSE for PEOPLE With DISABILITIES

Disabilitywebtraining.com

View complete video at

<https://disabilitywebtraining.com/virus-safety-pwd/>

Tips For Working With Support Staff During COVID-19

People with intellectual and developmental disabilities wrote these tips. The Coronavirus or COVID-19 is changing our lives in many ways for a while. These tips can help you deal with the changes.

Nothing About Us, Without Us



- Talk directly to me. I want to be a part of all talks about me.
- Think about the words you use. People are using many new words. There is a list of words to know that goes with this booklet.

Download this and other great plain language resources at

<https://selfadvocacyinfo.org>

Archive of all newsletters and resource notes here:

<https://allenshea.com/norcal-gathering-committee-newsletters-and-resource-notes/>

One Page Descriptions: *The Time is NOW!*

It's more important than ever to have a One Page Description for your loved ones and for yourself. The COVID-19 pandemic has upended everyone's plans, routines, and lives. There are things we can do to stay safe and healthy. We can stay home, keep physical distance, and wash our hands. We can also create a **One Page Description** for ourselves, family members with or without disabilities, people we support, and those who are elderly or have other support needs.

Why A One Page Now?

Many people with and without disabilities or who are elderly rely on a family member or caregiver for support and sometimes to be their voice. The family member/caregiver knows the person, their likes or dislikes, and how they want and need to be supported.

Here's Why!

- If you/the person needs support and requires medical attention or hospitalization during the pandemic, there is no guarantee that a caregiver could be with them.
- Also, if the family member/caregiver requires medical attention or support, who will provide support and care to you/the person? How will they get to know you/the person, knows what really matters, or how to support you/them?

What is a One Page Description?

A One Page Description is a summary of what is important to a person and how they need/want to be supported.

When Creating a One Page

- Keep the purpose in mind!
- Create the One Page with the person.
- Include detail & information specific to you/the person.
- Ask others who know you/the person well to contribute.
- Add a photo of yourself/the person to make it personal!
- Include pictures of things you/the person like.
- A One Page isn't just about disability. It can be used for anyone at any age or stage of life.
- Ask someone to review it. Is what is written is clear? Would others know what to do or say that would be helpful in the situation?

A One Page for Medical Care

- Must be brief so it can be read in under a minute.
- Include only essential information that would help medical professionals provide care and help you/the person feel content, comforted, and safe.

A One Page for a Caregiver

- Include enough information & detail that will help the caregiver know what's important to you/the person and what support helps the you/them 'get through' and have good days during this time.

Where Do I Start?

FIRST, think about the PURPOSE of the one page and what you want it to accomplish.

The information you include on a One Page should then reflect the purpose and help someone who doesn't know the person support them in that context. There are many reasons to have a One Page. (For school, work, Dr. appointments, camp, etc.)

However, this info sheet is specific to the current COVID-19 pandemic. Keep that in mind as you create each section of the One Page.

What is essential and helpful to the medical professional/s, or a caregiver provide good care and support?

Creating the One Page

What Others Like and Admire About Me/The Person...

Include your/the person's positive qualities, characteristics, gifts, skills, and what you/they are good at. Ask family and friends what they like and admire about you/the person.

Tip: Use one word descriptors-it's easier to read at a glance!

What Is Important To Me/The Person...

What makes you/the person happy, feel satisfied, content and comforted? Include:

- People in your/the person's life - family, friends, and those that provide support.
- The things you/the person like and enjoy.
- What gives you/the person comfort and helps you feel safe.
- Routines, rituals, and things that would help you/the person have a positive experience and a good day.

Tip: Write as bulleted items. Include enough detail & information that someone who didn't know the person would understand what is meant by what is written.

Some Examples:

- My family - Sue-mom, Don-dad. and sister-Jenna.
- My favorite blanket and stuffed Cheetah.
- Listen to music, watch Disney movies, or YouTube to relax.
- To have my glasses within reach.
- To know what's happening and when.
- Play games on my phone.

How to Best Support Me/The Person....

Include the support you/the person needs/wants to have what's *Important To* and what's *Important For* you/them. It will help medical professionals or caregivers interact in a way that is needed and preferred.

Information to include: how you/the person communicates, preferred language, method of taking medication, indicates pain, what gives comfort, allergies, sensitivities, assistive technology, mobility issues, swallowing issues, vision and/or hearing needs, food or dietary restrictions, service animal, etc.

Tip: Write the supports as "instructions" - What someone should say or do that is helpful in the situation.

Some Examples:

- If Jane is upset, reassure her that her family is checking on her and she will be able to FaceTime them.
- Use plain language when sharing information. Say, "First...Then..." when telling me the plan.
- Jon takes his medication in pudding or something soft.
- Food must be cut into small, bite sized pieces. Use a spoon and feed me from my left side.
- Ask me yes or no questions in plain, easy to understand language.