

**HCBS Advisory Committee Workgroup: Person-Centered Service Training
FREED Center for Independent Living**

1. Intro -ILC based CCT – what looks different (5 min)

- a. ILC history – Nothing about us without us
- b. Person-Centered Services – Consumer defines goals and how they want to work on them.
- c. Define “Person-Centered”

2. Key Person-Centered Service Elements (15 min.)

- a. Initiating Contact with Consumer
- b. Establishing Trust
- c. First Meeting(s)
 - i. Communication style
 - ii. Background and history
 - iii. Establishing goals
- d. What if a consumer’s goals are not based in reality?
 - i. How to keep goals relevant and stay within program parameters
- e. Promote Skills-Transfer
- f. Elements necessary for sustainable independence long-term
- g. Countering the effects of institutionalization and other barriers

3. Person-Centered Tools available (5 min.)

- a. Options Counseling
- b. Motivational Interviewing

4. Ideas to encourage CCT practice to be more person-centered (5 min.)

- a. Front-load time and support w/ habilitation and service coordination
- b. Allow for some failure
- c. Build in Person-centered processes
 - i. Goal and Plan Development
- d. Differentiate between Community-based and Assisted Living Transitions
 - i. Different levels of support needed