

Planning for the Future

Supporting Individuals with Vision
Loss/Blindness Create Meaningful Life Goals



Nancy Sharon, TVI, COMS
Director of Education and
Community Services

Lily McDonagh, TVI
Education Services
The Carroll Center for the Blind

Maureen O'Rourke King
Regional Trainer
DDS, SE Region Learning &
Development

Objectives

- To Understand the importance of meaningful Person-Centered-Planning (PCP)
- To learn what sort of information each of the 4 PCP questions is seeking to obtain
- To increase knowledge of a variety of tools used to creatively assist individuals with visual impairment whom you support to create and share their life goals

What is Person-Centered-Planning?

Person-Centered-Planning (PCP) is a facilitated, individual-directed, positive approach to the planning and coordination of a visually impaired person's services based on individual aspirations, needs, preferences, and values.



Person-Centered- Planning (PCP) and the Individualized Services/Support Plan (ISP)



The PCP approach to transition planning can be instrumental when developing an individual's Individualized Services/Support Plan (ISP).



The Four PCP Guiding Questions

- 1) What does the individual identify as important activities and relationships to continue to be involved in? What other things would they like to explore?
 - a) Activities the individual enjoys
 - b) The important people in the person's life
 - c) Identify potential community and work interests

- 2) What does the individual think someone needs to know in order to provide effective supports?
 - a) Identify learning styles
 - b) Identify what's important to the individual and what is necessary *for* the individual

The Four PCP Guiding Questions

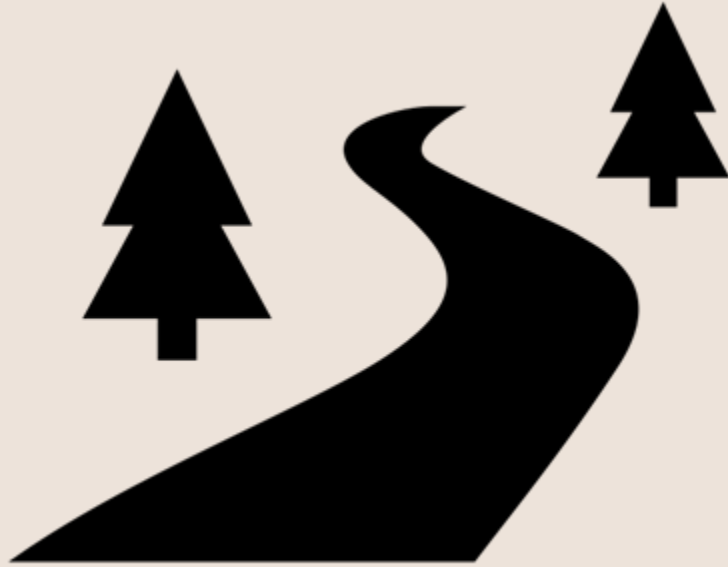
3) What does the individual believe their strengths and abilities are?

- a) Focus on the individual's skills
- b) Provide team input to identify strengths the individual may not see in themselves

4) What would the individual like to see happen in their life over the next two years?

- a) Encourages the individual to identify future wants/needs/goals
- b) Is a necessary step in building a bridge of resources and supports to achieve the individual's dreams

PCP Tools: Charting the Life Course



Tips for Facilitation of PCP Tools

In order to begin the process of PCP, it's important to identify the facilitator and the important key team players.

Responsibility of facilitator:

- To organize and schedule a series of team meetings
- Identify key team players
- Guide the conversation and keep the team on task
- Keep the focus on the individual whose future is being planned (offer explicit opportunities for individual input)
- To keep, organize, and share the contents of the PCP meetings (including the Charting the Life Course Tools)

Tips for Facilitation of PCP Tools (cont.)

Who are potential key team players to invite?

- Family: Parents, siblings, grandparents, anyone with a vital role in the individual's life
- Providers: physical therapist, occupational therapist, speech and language pathologist, teacher of the visually impaired, teacher of the deaf, etc.
- Support Service Representatives: DDS worker, MCB case manager, supported employment manager

Life Trajectory Worksheet



Identifying a “Good Life”

LIFE TRAJECTORY | PLANNING

Past Life Experiences
List past life experiences and events that have supported your vision for a good life

List past life experiences that pushed your trajectory toward things you don't want

Moving Forward
List current or future life experiences or goals that will continue to support your good life vision

List things to avoid that could keep you from your good life vision or lead to what you don't want

Vision for What I Want
List what you want your "GOOD LIFE" to look like

What I Don't Want
List the things you don't want or what is NOT a "good life"



Past Life Experiences

List past life experiences and events that have supported your vision for a good life

- The Carroll Center Summer Program: had a great experience and met other friends with visual impairments (feelings of inclusion)
- Beep ball baseball team: great form of physical activity, and another way I've met friends with visual impairments
- HS English class: inspired love of reading and writing, classroom teacher made all notes digitally accessible and provided accommodations when needed
- Adapted sailing

List past life experiences that pushed your trajectory toward things you don't want

- Spanish class: Notes and worksheets were inaccessible and I fell behind quickly, feelings of isolation
- Tripped and fell in a store while attempting to navigate around the isles and sprained my ankle, it made me feel incapable of being independent
- HS Math Class: Teacher treated me like a baby and gave me all of the answers, it made me feel like I couldn't do anything for myself

Moving Forward

List current or future life experiences or goals that will continue to support your good life vision

- Find out more about the Carroll Center alumni program/other events
- Find out about opportunities with the Boston Renegades baseball team- try out or volunteer?
- I would like to write for a local newspaper
- I want to continue to be involved in adapted/accessible activities

List things to avoid that could keep you from your good life vision or lead to what you don't want

- I need accommodations that help me with my low vision- I need access to digital content and my magnifier in order to access print
- I need to improve my O&M skills so that I can walk independently without fear of falling
- I want to be able to self-advocate for myself when I need accommodations

Vision for What I Want

List what you want your "GOOD LIFE" to look like

- I want to feel included, I enjoy going to events and programs centered around visually impaired individuals
- I love reading and writing
- I love spending time with friends and family
- I want to be able to travel internationally
- I want to be able to travel around my community independently
- I want a job where I can use my writing skills
- I want to create my own family one day

What I Don't Want

List the things you don't want or what is NOT a "good life"

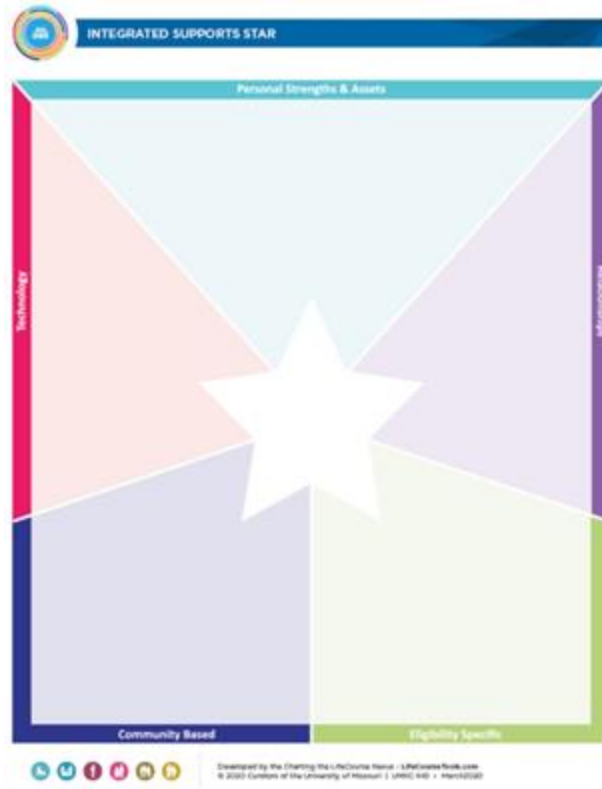
- I want to avoid feelings of isolation
- I want to feel included in groups and activities
- I don't want people to do things for me or to assume I can't do things on my own because of my visual impairment

Integrated Support Star



Person-Centered-Planning Tools

What supports does the student have? What supports do they need?



Meet Austin!





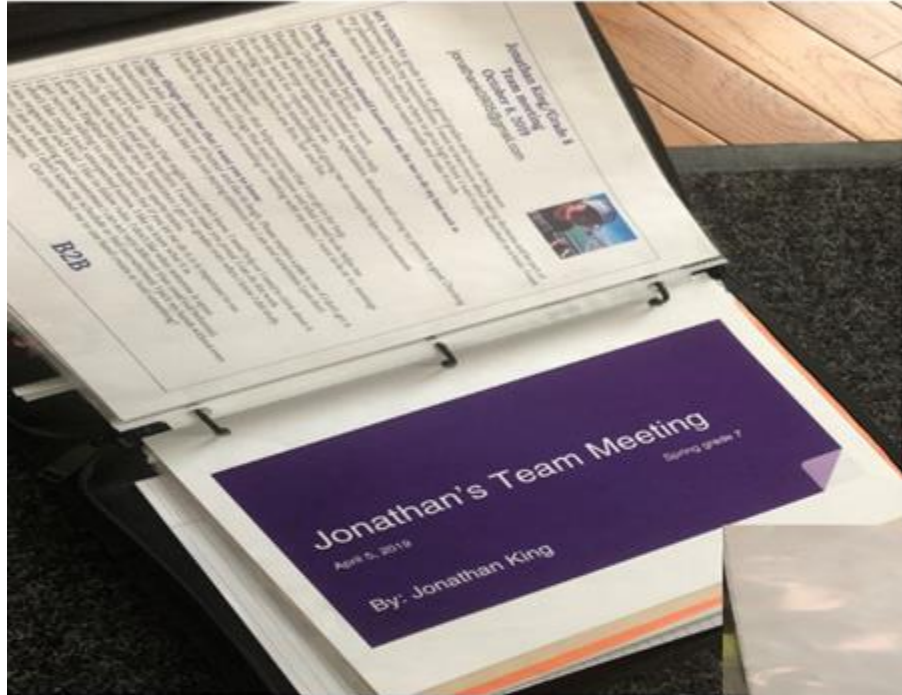
CURRENT SUPPORTS





Create a "Vision Board"





Scrapbook or Portfolio

Additional Tools and Resources



Planning Resources

- Charting the Lifecourse Website: [Link](#)
- [“I” is for Individual](#)
[__mass.gov](#)

Blindness/Vision Resources

The Carroll Center for the Blind www.carroll.org

[Massachusetts Commission for the Blind](#)

Focus Website: www.focusonvisionandvisionloss.org



“Be brave enough to live the life of your dreams according to your vision and purpose instead of the expectations and opinions of others.”

~Roy T. Bennett

Thank you!

Contact Information:

Maureen O'Rourke King

Regional Trainer

DDS, SE Region Learning & Development

Maureen.king@mass.gov

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Nancy.sharon@carroll.org

Lily McDonagh, TVI

Education Services

The Carroll center for the Blind

Lily.mcdonagh@carroll.org