

Introductions and Topics



- **About Me:**
- Supported Living Coordinator
- House Manager
- One on One
- **Topics:**
- Supported Living
- Staffing
- Task Analysis

A Supported Program that Works: Key Points



- A dedicated program provided by a well structured agency
- A clear understanding of who Gannet is
- Going beyond the “Cookie Cutter” program
- Consistent Staff
- Solid Communication between agencies and staff

Implementing the Person Centered Plan in Supported Living Program



- Making it all work:
 - Everyone has to be on the same page
 - Using the PCP as a source of information
 - Treating the PCP as a living document continuously adding new information and observations
 - Using PCP's Task Analysis as a baseline to gauge progress or setbacks
 - Must be a central part of staff's training

Staff: Caregivers, Instructors, Facilitators, social workers... My Experience



- Staff are the most important people in the program
- In adult programs: Staff not created equal
- Thorough training with help from PCP
- Importance of consistency and continuity
- Advocacy: Fighting for Gannet's best interest
- Following and creating/adding to Task Analysis

Communication



- Often overlooked aspect of daily program
- Using a variety of different communication methods or applications
- Only way to know what Gannet wants to say
- Some days are better than others
- Importance of consistent and daily implementation
- Staff must be trained in using communication device(s)

Task Analysis and Why?

Setting the Table: Task Analysis

- ❑ The next step is to have Gannet get his own drink.
- ❑ Using verbal prompting such as "Gannet, can you open the refrigerator and get your drink", Gannet will open the door.
- ❑ Gannet might have to be physically oriented so he faces the inside door.
- ❑ Using verbal and visual prompting Gannet will grab the drink and close the door.
- ❑ It does help to keep drinks on the far right of the bottom tray.

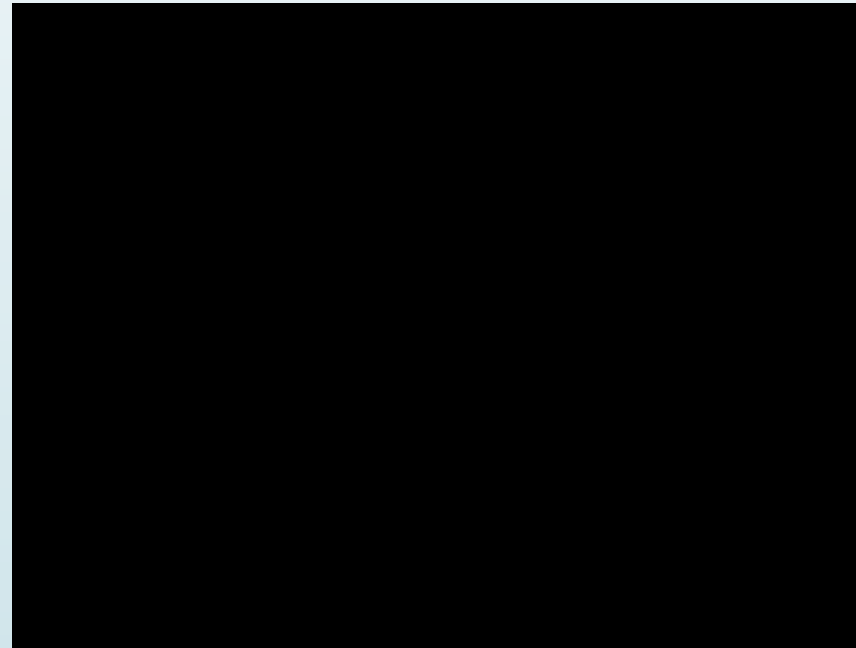


- Information passed orally becomes diluted, vague, or worst, lost
- Task Analysis not offered as a part of most agencies services
- Staff come and go. The information must remain
- TA helps in creating a baseline upon which new tasks or more complex additions can be added to an existing one
- Benefits of Task Analysis
 - Defining a task and goal
 - Assessment of current skill level and performance
 - Breaking down task step by step
 - Using pictures and videos
 - Gauging progress and expectations

Example of a Task Analysis

Walking Down the Stairs

- Gannet and staff step out of apartment.
- Staff stays on opposite side of the rail.
- A key issue with this task is to prevent Gannet from hitting his head on the wall, which happens on occasion.
- Staff visually and verbally prompts Gannet to “*Put your hand on the rail Gannet*”.
- The staff stays ahead of Gannet and leads the way downstairs.
- Prompts such as “*step down G*” and “*Come on, a few more steps*” are sometimes necessary to motivate Gannet.



Example of TA: Swimming



One of the first exercises Gannet does when he is in the pool are leg extensions and high knee raises (kicks).

The *leg extensions* serve two purposes:

1. Work the hamstrings muscles during the ascending foot motion.
2. Work the quadriceps muscles during the descending “kick” motion.

The *high knee raises* work both the quadriceps muscles, as well as, the hip flexors.

- Tapping with your finger or hand on Gannet’s leg will prompt him to start the exercise(s) or can be used to switch legs.

To Sum it all up...



- ▶ A Person Centered Plan is the way to go
 - ▶ There is **no** downside for having one
- ▶ Implementation of PCP
 - ▶ All on board is the only way
- ▶ Benefits of Task Analysis
 - ▶ There is a right way to do things
- ▶ Creating a lasting legacy

Thank you!



Resources

Links to the full length copies of the following documents are available on Gannet's website:

www.gannetsnotes.net

Click on the MWS tab:

- **Gannet and MWS**, a History, Age 0-30
- Gannet's **Person Centered Plan** (72 pages)
- **Key of G**, movie about Gannet leaving home



Don't ever lose hope...Some things might never change – like the hand in the mouth – but other behaviors and skills evolve. Our children, at any age, have the potential to keep learning and growing.