

Person-Centered Planning and Self-Direction

An overview of Person Centered Planning and Self-Direction

What is Person-Centered Planning (PCP)?

Person-Centered Planning is:

- **Focused on the individual** - Person-centered planning prioritizes the individual's unique vision for their life, including their goals, interests, and preferences.
- **A Collaborative Approach** - It involves a team of people chosen by the individual, including family, friends, and professionals, to support them in the planning process.
- **Emphasis on strengths** - The process identifies and builds upon the individual's strengths and abilities, rather than solely focusing on their limitations.
- **Self-Determination** - Empowers individuals to take the lead in the planning process and make informed choices about their lives.
- **Desired Outcomes** - The goal is to help individuals achieve their desired outcomes and live the life they envision, in the community of their choice.

Characteristics of Person-Centered Planning



PCP and MI Coordinated Health (MICH)

- PCP has been law in Michigan since 1996.
- PCP is an integral part of the MICH program.
- AmeriHealth Caritas is contractually obligated to use the PCP process with our enrollees.

MICH PCP Practice Guidelines – Values and Principles

Every Enrollee:

- Is presumed competent to direct the planning process, achieve their goals and outcomes, and build a meaningful life in the community.
- Has strengths, can express preferences, and can make choices.
- Has choices and preferences honored.
- Has choices which are implemented unless there is a documented health and safety reason that they cannot be implemented.
- Contributes to their own community and has the right to choose how supports and services enable the Enrollee to meaningfully participate and contribute to their community
- Maximizes independence, creates connections, and works towards achieving their chosen outcomes.
- Has their cultural background recognized and valued in the PCP process. Cultural background may include language, religion, values, beliefs, customs, dietary choices, and other things chosen by the them. Linguistic needs, including American Sign Language (ASL) interpretation, are also recognized, valued, and accommodated.

MICH PCP Practice Guidelines – Essential Elements of the PCP Process

The Enrollee:

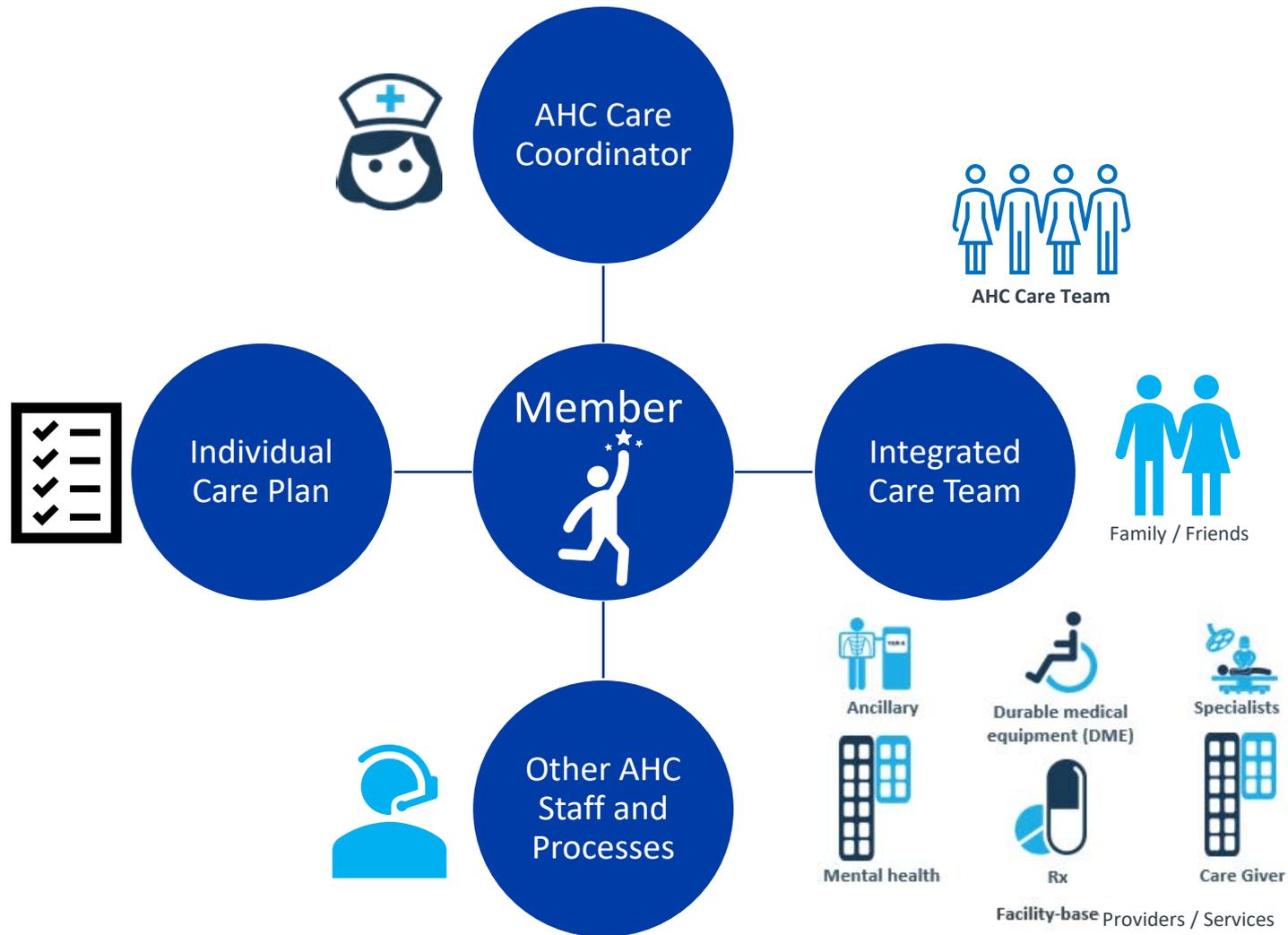
- Directs the planning process (with necessary supports & accommodations) and decides when and where planning meetings are held, what is discussed, and who is invited.
- Identifies outcomes to achieve in pursuing their goals. The way that progress is measured toward achievement of outcomes is identified.
- Receives complete and unbiased information on services and supports available, community resources, and options for providers, which are documented in the care plan.
- Has the information and support to choose an independent facilitator to assist them in the planning process.
- Must use pre-planning to ensure successful PCP by gathering the information and resources necessary for effective PCP and set the agenda for the PCP process.
- Expresses issues of wellness, well-being, health, and primary care coordination support needed for them to live the way they want to live are discussed and plans to address them are developed.
- Selects allies (friends, family members, and others) to support them through the PCP process.

AmeriHealth Caritas VIP Care and PCP

To ensure a successful Person-Centered Planning process, AmeriHealth Caritas VIP Care incorporates PCP into all these areas:

- Care Coordination Services
- Integrated Care Team Development
- Health Risk Assessments
- Individual Care Plan Creation
- Individual Care Plan Reviews and Updates, as needed
- Care Coordinator Training
- Determination of how Home and Community Based Services will be delivered
- Care Coordinators assuring the PCP process is completed
- Phone Representatives and other staff demonstrating sensitivity to and knowledge of PCP

AmeriHealth Caritas VIP Care Model of PCP



What is Self-Determination?

Self-Determination –

- Is an option that allows an Enrollee to direct and control personal care services and certain Home and Community Based Services (HCBS) waiver services by identifying, accessing, and managing supports and services in accordance with their needs and personal preferences.
- Are arrangements that support Self-Determination meaning the Enrollee has the authority to exercise decision making over Long-Term Services and Supports (LTSS) and accepts the responsibility for taking a direct role in managing them.
- Are arrangements that support Self-Determination are an alternative to provider management of services wherein a service provider has the responsibility for managing all aspects of service delivery in accordance with the service plan developed through the Person-Centered Planning Process.
- Promotes personal choice and control over the delivery of LTSS, including who provides services, how they are delivered, and hiring and firing personal attendants and/or home care workers. This option may also be referred to as self-direction.

Principles of Self-Determination

Self-determination is based on four principles which the MICH program promotes:

- **FREEDOM:** The ability for individuals, with assistance from significant others (e.g., chosen family and/or friends), to plan a life based on acquiring necessary supports in desirable ways, rather than purchasing a program. This includes the freedom to choose where and with whom one lives, how to connect in one's community, the opportunity to contribute in one's own ways, and the development of a personal lifestyle.
- **AUTHORITY:** The assurance for an enrollee with a disability to control a certain sum of dollars in order to purchase these supports, with the backing of his or her significant others, as needed. It is the authority to control resources.
- **SUPPORT:** The arranging of resources and personnel, both formal and informal, to assist the enrollee in living his/her desired life in the community, rich in community associations and contributions. It is the support to develop a life dream and reach toward that dream.
- **RESPONSIBILITY:** The acceptance of a valued role by the enrollee in the community through employment, affiliations, spiritual development, and caring for others, as well as accountability for spending public dollars in ways that are life-enhancing. This includes the responsibility to use public funds efficiently and to contribute to the community through the expression of responsible citizenship.

AmeriHealth Caritas VIP Care and Self-Determination



To ensure a successful Self-Determination process, AmeriHealth Caritas VIP Care incorporates Self-Determination into all these areas:

- Care Coordination Services.
- Care Coordinator Training – ensuring Care Coordinators are familiar with Self-Determination including how to implement self-directed service arrangements.
- Offering enrollees the opportunity to use arrangements that support Self-Determination for appropriate waiver services.
- Establishing policies and procedures that develop and implement mechanisms for enrollees to access arrangements that support Self-Determination consistent with MDHHS requirements and guidance.
- Inform enrollees of the option to self-direct their own services when applicable.
- Deliver quality care which includes focusing on maximizing independence, rebalancing, community integration, and Self-Determination within LTSS.
- Produce monthly reports which monitor the percentage between the budgeted and paid services. Discrepancies of more than 10% must be discussed with enrollee to identify root causes and remediation, as necessary.

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