



National Center on Advancing Person-Centered-Practices and Systems

Transcript for a short video “Jenny Turner from LifeCourse Nexus Explains Life Domains” a video from our Pandemic Wisdom series

Visit the website for the University of [Missouri, Kansas City Institute for Human Development](#) to learn more about their work including the [LifeCourse tools](#).

Hi, my name is Jenny Turner, and I'm with the LifeCourse Nexus at the University of Missouri Kansas City Institute for Human Development.

I'm here today to talk a little bit about person-centered planning in a time of crisis. Right now, we are all living in a very unprecedented, new reality that we weren't maybe prepared for. We're very focused on how do we keep ourselves and our family members and our community healthy and safe. As we focus on those two incredibly important priorities, we also know that we want to stay grounded in the principles and the values of our field of person-centered thinking, person-centered planning, and person-centered practices.

One of the ways that we can do that is by being mindful of all of the different quality of life domains. Even as we focus on health and safety, we know that there are lots of different life domains that impact how healthy we are and how safe we are. So as we think about planning, both now and in the future, we want to be mindful of those different life domains. The Charting the LifeCourse framework uses the quality of life domains to help us to think holistically about an individual, their family, and their community. As we think about what a good life looks like, whether that's right now during this time of crisis, or in the future, we want to think about what people do during the day, where they live, their physical, mental, and emotional well being, their safety and emergency preparedness, the social connections that they have - friendships and relationships, and their advocacy, and how they're engaged in the community.

So as we support person-centered planning, person-centered practices, we use this thinking to really drive the questions that we're asking and the way that we are supporting individuals and families during this time of crisis.

To dig a little bit deeper into this concept, when we're thinking about person-centered planning, whether it's with an individual with a disability, their family member, or really any of us during this unprecedented time, we want to ask questions about all of the different things that impact our life and our vision for what makes that a good life. So we think about what do we want to do during the day; different options that may have been available to us before this time of crisis are not available right now. So how does that change our routine? And what does a good new routine look like? What are some of the things we want to be engaged in during the day that are interesting and valuable to us? How do we maintain a meaningful day? And to be person-centered, we want to ask that person, what is it that you want to do during the day? How does

that look different now? And how might that look different in the future? What are we learning right now that may impact what daily life and employment looks like down the road when things become a new normal, whatever that looks like.

We know that community living, where we live, the type of house that we live in, who we live with, the adaptations and modifications that may or may not be available in our home, impact our vision of a good life at this time. So how are we supporting people, individuals with disabilities, their families to think about things like transportation and community access and what a good home looks like during this stay at home period. How is that changing what a good home might look like in the future? Are we learning what we might need or what we might want, as the pandemic comes to an end or changes and we're able to think about a different type of community living?

What relationships do we have? Critically important we're seeing is that social and spiritual connection. So how are we supporting people with disabilities to define their vision of a good social life right now? It looks different for many of us. We're seeing friends and family across screens, or across driveways, or across the street. But how are we really planning for good social connections for leisure activities to keep us feeling okay in times when some of the things that we might like to do for fun aren't as available? How are we supporting people to connect with their faith community of their choice and really asking questions about what that is, and what that looks like.

We know that being healthy is more than just being physically healthy, though that is critically important, but it also relates to our mental and emotional well being. So how do we support people to plan for those types of health, and to think about what they might need to stay physically, mentally, and emotionally well during this time? And what supports they might need as we come out of this time after experiencing a level of trauma related to the pandemic?

As we think about safety and security, we want to support individuals and families to be planning for emergencies and to be prepared. Many of us were not necessarily ready for this time of crisis. And so how can we learn from that and think about what a good crisis plan might look like in the future? What are some of the questions that maybe we didn't know we needed to ask that we want to include as we talk to family and friends and our support system, about what we need if emergencies were to arise? How are we supporting people to think about self determination and the choices that they are able to make in this time when many of our choices are being made for us. We also want to support individuals to be planning and thinking about what does good advocacy and engagement look like. In a time where there is a real social response and a global response of support and unification, how are we asking the people that we support people with disabilities and their families? How do you want to be involved? What does good advocacy look like to you right now? What are the issues that you care about? And how can we help you to contribute to those causes?

So as we think about person-centered planning, in this time of crisis, we want to maintain our thinking, that really includes all of the different quality of life domains, in order to support people to live a full, holistic, good, life, even in a time that looks a little bit different.