

## About these Standards

Personal control means that individuals feel they are in charge of their lives and are as independent as they want to be and are able to be given their personal circumstances.

These standards focus on

- enabling individuals to enjoy as much personal control as possible in every area of their lives (e.g., positive behaviour management, transportation, finances)
- assessing the individuals' satisfaction with their level of independence in various areas of their lives
- ensuring that supports are tailored to the individuals' specific needs, abilities and wishes

Individuals who do things for themselves and are supported to have as much personal control as possible are more likely to

- feel emotionally healthy and resilient
- develop independence
- learn how to effectively deal with problems
- have productive and fulfilling lives

They will also have a better understanding of their **assistive technology (AT)** and **environmental interventions (EI)**.

**Person-centred planning** refers to **approaches** that help individuals plan their lives and obtain the supports needed to meet identified goals. A life-planning model assists them to increase their personal self-determination and improve their independence.

While enabling individuals to have personal control is necessary, there may be times service providers need to intervene to help individuals overcome excesses (e.g., smoking, eating, drinking alcohol, caffeine consumption, spending).

**Transition planning** means preparing for each stage of aging before a life event occurs. Transitions may include

- changing programs or services within a service provider
- accessing services from a new service provider
- preparing for other life altering changes

The stages of transition planning for aging individuals can be different for each one. The common element is to give individuals time to consider their options and tell you what they have decided.

Alberta Human Rights Commission.  
*Duty to accommodate*

### **assistive technology (AT)**

- Any device or product, either custom made or commercially available, which augments an individual's function and/or reduces an environmental barrier
- Often under the individual's control

### **environmental interventions (EI)**

- Adjustments made within the environment, either by eliminating barriers that prevent performance or increasing support mechanisms
- Usually the responsibility of the service provider or building owner

### **person centred approach**

- A person centred system that places the individual at the centre of the decision-making process as it relates to the individual's supports and services

### **person centred planning**

- A process that
  - embraces continual listening and learning
  - focuses on what is important to someone now and in the future
  - acts upon the identified information in alliance with the individuals' family members and friends

### **transition planning**

- A systematic approach to thinking about and planning for significant changes in individual's lives (e.g., childhood to adulthood)

See Appendices

- *Assistive Technology and/or Environmental Interventions*
- *Personal Control: Transition Planning*

Although transition planning usually is the responsibility of the parents or guardians, service providers need to discuss planning with individuals before the plans need to be enacted so that

- individuals can make their wishes known before aging disrupts their capacity to do so
- everyone is on the same page in regards to care

Service provider staff must be familiar with any transition plans that are being considered or are in place so that they can fulfill the individuals' wishes as they pertain to service delivery.

In cases where individuals have court orders in place, the law supersedes freedom of personal control. Nevertheless, service providers still need to ensure that individuals are empowered as much as possible and are able to make choices within the limits of their court orders.

## ***Standard 5: Individuals exercise personal control***

### **Quality of Life Level 1 Indicators**

1. The individual has control over his life given his personal circumstances
2. The individual uses the information and support he receives to overcome barriers to personal control and to develop skills, which helps him to function more independently
3. The individual's personal care is done in a private place and in a manner that respects his dignity
4. The individual accesses AT and/or EI as needed to support his independence and reduce his reliance on staff support
5. The individual knows how or is supported to use and maintain his AT and/or EI
6. The individual participates in his own person-centred planning to the greatest extent possible
7. The individual participates in his own transition planning to the greatest extent possible

## ***Standard 17: Individuals are supported to exercise personal control***

### **Quality of Service Level 1 Indicators**

1. Staff support the individual to have control over his life given his personal circumstances
2. Staff support the individual to overcome barriers to personal control and develop skills that enable him to function more independently
3. Staff assist the individual with personal care in a private place and in a manner that respects his dignity
4. Staff ensure the individual accesses AT and/or EI as needed to support his independence and reduce his reliance on staff support
5. Staff provide or request resources to help the individual know how to use and maintain his AT and/or EI
6. Staff support the individual in his own person-centred planning by encouraging him to express his preferences or, if able, make decisions regarding his goals and supports
7. Staff support the individual to participate in transition planning by encouraging him to make choices or express his preferences