

Person Centred Practice

Can we *really* do it?

A presentation by Heather Simmons
Living in the West Conference
PERTH WA
29th July 2008

What we'll do in this presentation...

- *Think about what it means to be Person Centred*
- *Think about what it takes to be Person Centred*
(Person Centred Practice)
- *Consider some of the “Signs and Wonders” ...how we'll know we're doing it...*

A better economic and political model is not something that can be designed and introduced like a new car.

If it is to be more than a new variation of the old degeneration it must, above all, be an expression of life in the process of transforming itself.

A better system will not automatically ensure a better life. In fact, the opposite is now true: only by creating a better life can a better system be developed.

Vaclav Havel

Person Centred

Attitudes, values that honour a person's unique individuality and perspective and are concerned with their full inclusion

Person Centred Approaches

A range of ways in which we can
make our own practice more
respectful of a person's choices and
wishes

Person Centred Planning

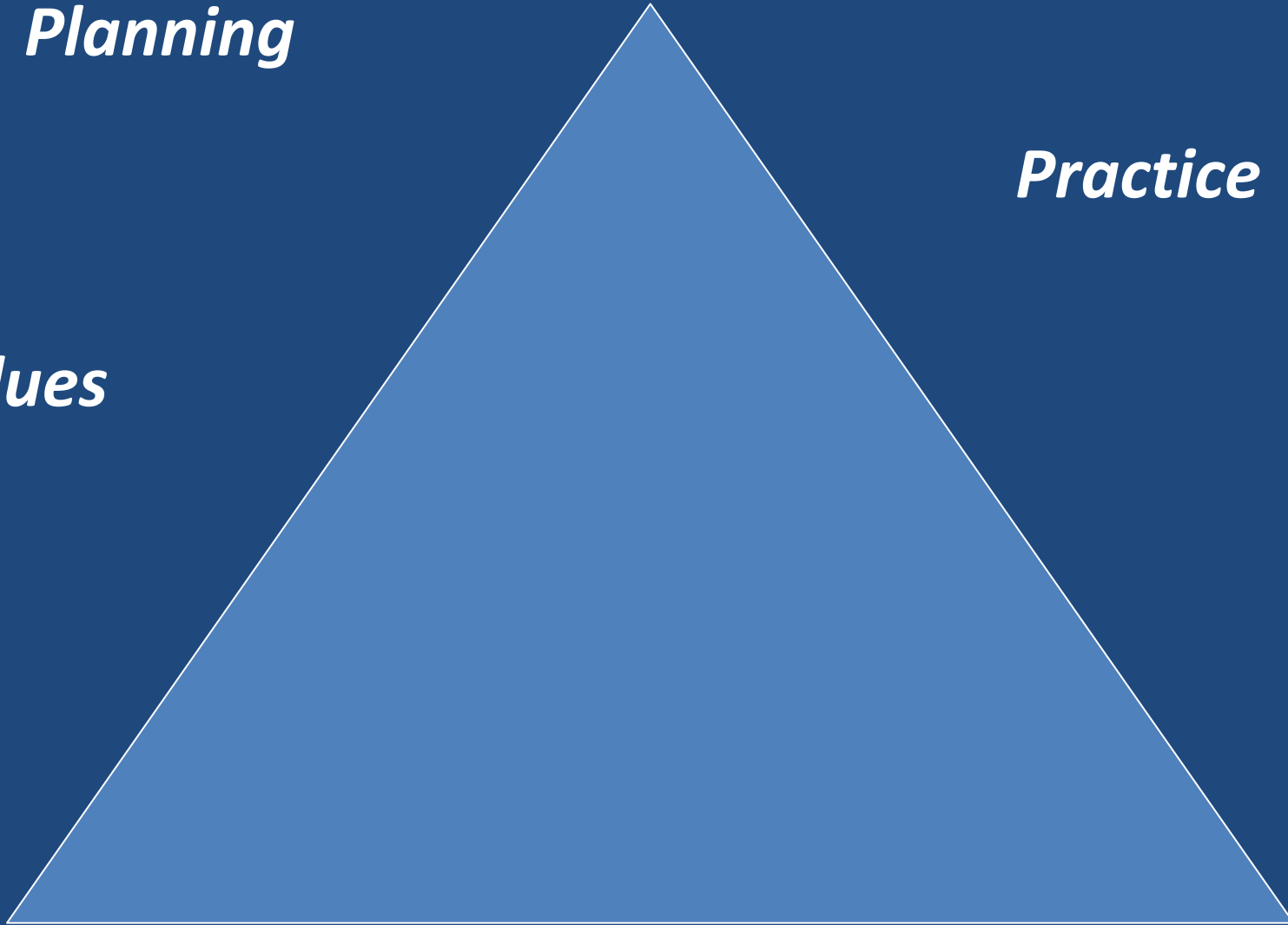
A process of individual discovery and action that assists a person to live the life they want to live and find their place in their community.

The Simmons Triangle

Planning

Practice

Values

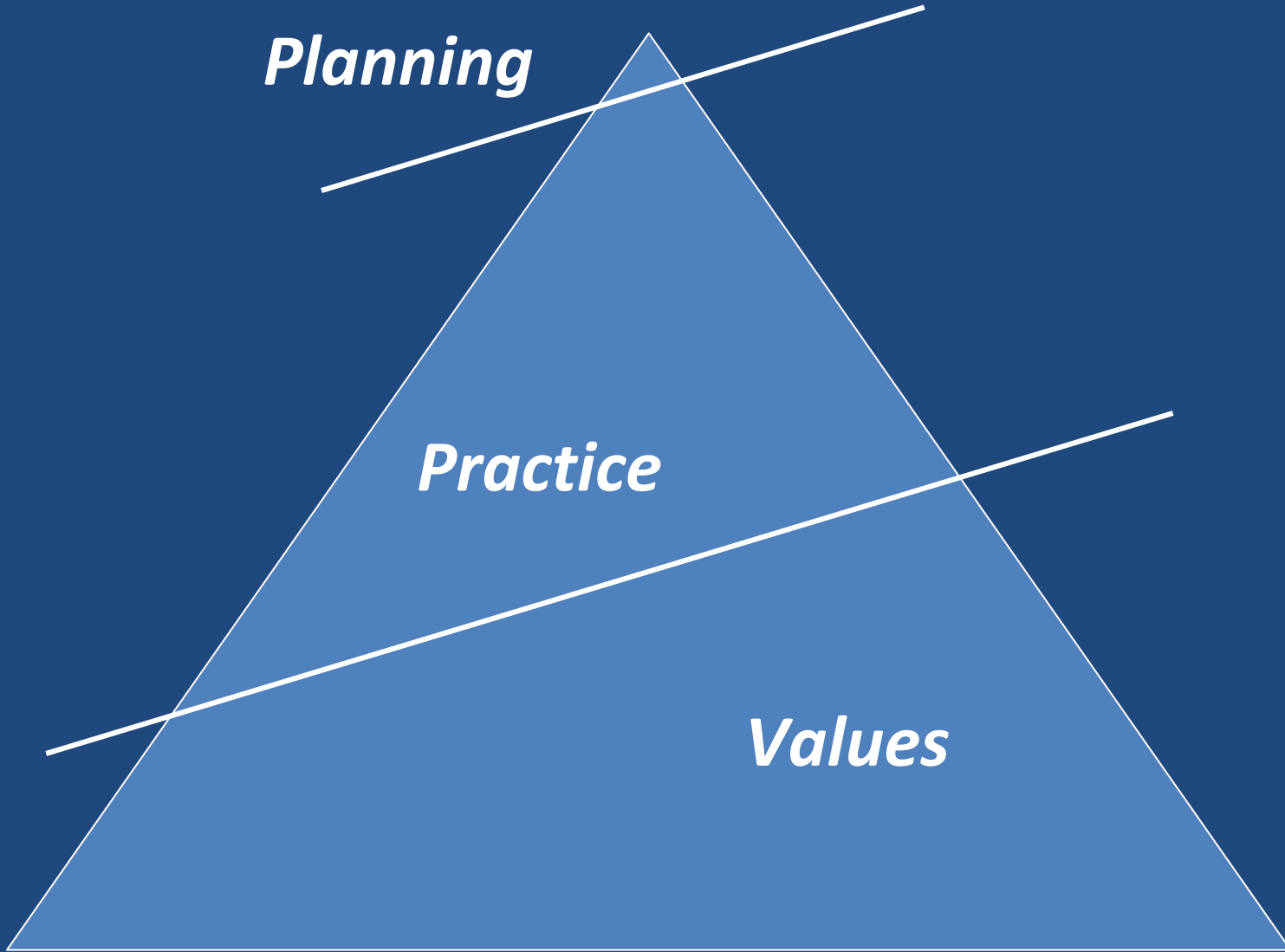


The Simmons Triangle

Planning

Practice

Values



Being “Person Centred ...”

- Values Laden
- Presumes / Assumes Competence
- Relentlessly Positive
- Simple ... yet complex
- Takes practice
- Challenging ... yet glorious!

Can it really work?

(REALLY?)

A “one person at a time”
approach...

It starts in the heart and mind of
the worker, the supporter, the
advocate, the citizen, in me and in
you...

WHY THIS IS DIFFICULT...

- **Complacency** – people don't see the problem
- **Mental Models** – people don't see how it could be different
- **Lack of imagination**
- **Low expectations**
- **Complexity** – change involves realigning the way that large bureaucracies work
- **There is a demand for simplicity and predictability** – this can be messy!
- **Competition...inter-agency**
- **Anxiety** – we don't know how to do the new thing and we're scared of making mistakes
- **Fluid...shifts and moves around as people change direction or emphasis in their life**

Who is this person?

*If you don't know who I am:
And I don't know who you are
then a pattern that others have
made may prevail in the world ..."*

William Stafford

Who am I?

What kind of life do they want to live?

*“What is it that you want to do
with this one, wild, precious
thing called your life?”*

Mary Oliver

What kind of life do I want to live?

What would it take for them to get it?

“A great question refuses to be answered; so it keeps leading us into deeper connections with each other and into deeper thinking.”

Judith Snow

What would it take for me to get it?

How will we know when it's
working?

Living with not knowing...

How can we know?

For my part I know nothing with any certainty, but the sight of the stars makes me dream.

Vincent van Gogh

How we will know...with thanks to John O'Brien

How we work...

- Community Participation
- Community Presence
- Encouraging valued roles
- Supporting Autonomy
- Developing Capacity

What people experience...

- Belonging
- Sharing ordinary places
- Being respected
- Choosing
- Contributing

← Continuum of Knowing →

- No-one is sure and so we rely on judgments and decision making based on the person's diagnosis or condition
- No one is sure and so we rely on the judgments and decision making of the person with the highest rank in the room
- No one is sure and so we rely on the best guesses and informed choices of the people who know and love the person
- The person is able to tell us exactly what they want and how they feel and so we can KNOW without a doubt

The Answer to the Question...

IT DEPENDS...

Hope is definitely not the same thing as optimism. It is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out.

Vaclav Havel

The Nature of this flower is to Bloom

Rebellious, Living
Against the Elemental crush.
A song of colour.
Blooming for deserving eyes.
Blooming gloriously
For its Self

Alice Walker

The Nature of this flower is to Bloom

Rebellious, Living
Against the Elemental crush.
A song of colour.
Blooming for deserving eyes.
Blooming gloriously
For its Self

Alice Walker

heathers@phcs.org.au

The Truth

Dear God, We struggle, we grow weary, we grow tired.

We are exhausted, we are distressed, we despair. We give up, we fall down, we let go. We cry.

We are empty, we grow calm, we are ready.

We wait quietly.

A small, shy truth arrives. Arrives from without and within. Arrives and is born. Simple, steady, clear. Like a mirror, like a bell, like a flame. Like rain in summer. A precious truth arrives and is born within us. Within our emptiness.

We accept it, we observe it, we absorb it.

We surrender to our bare truth. We are nourished, we are changed.

We are blessed. We rise up.

For this we give thanks.

Amen

Prayers by Michael Leunig