

Aurora

Enriching lives, Enriching Communities

Personal Plan Policy

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Reviewed by		Review completed
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CEO signature		Next Review Date
Amette Rue		13.09.2025
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1. Policy Statement

Aurora Mission Statement

Enable people with complex needs to experience the same rights as every other citizen and as equal members of the community

Aurora is committed to supporting each individual with their Circle of Support to develop their Personal Plan in line with legislation and embedded in a human rights-based approach.

2. Policy Scope

This policy applies to all employees in Aurora and any other person required to or wishing to support the individual to achieve his/her roles & goals as outlined in their personal plan. Aurora recognises the uniqueness of each individual and promote "One person one plan" and "Nothing for me without me"

3. Policy Purpose

- 3.1. The purpose of this policy is to clearly outline the Personal Plan Framework to all employees and to ensure they honour the plan. The policy is informed by legislation, regulation, standards and a theory of practice.
- 3.2. Outline the personal planning process, procedures and associated paperwork required to provide an evidence-based service.
- 3.3. Set out the Social Role Valorisation (SRV) & Person-Centred Planning (PCP) theory of practice that guides the development, implementation and review of the personal plan.
- 3.4. Policy identifies a number of resources available to support staff in implementing each individual's plan

4. Legislation

4.1. The Regulatory Framework

The regulatory framework through which the HIQA Chief Inspector discharges these duties comprises:

- S.I. No. 367 of 2013 HEALTH ACT 2007 (Care and Support of Residents in Designated Centres for Persons (Children and Adults) with disabilities) REGULATIONS 2013
- National Standards for Residential Services for Children and Adults with Disabilities January 2013
- Human Rights based approach, guided by the FREDA principles
- The Assisted Decision-Making Capacity Act 2015
- New Directions, Interim Standards for New Directions, Services and Supports for Adults with Disabilities

4.2. The Assisted Decision-Making (Capacity) (Amendment)Act 2022

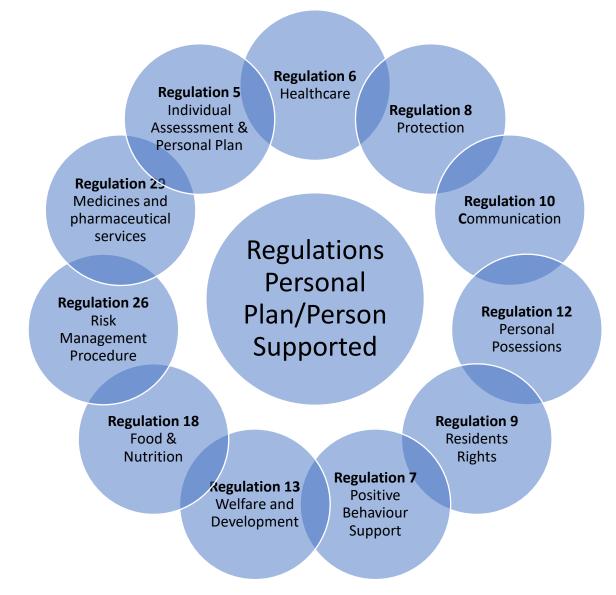
In December 2015 the Assisted Decision-Making Capacity Act (2015) was enacted to enshrine in law a person's right to make their own decisions, with legally recognised supports. This Act applies to everyone and is relevant to all health and social care services. The Act is about supporting decision-making and maximising a person's capacity to make decisions. The Act was commenced in all parts on 26th April 2023 and is both operational and enforceable.

Aurora is fully committed to adhering to the guiding principles and content of this Act while supporting the people living in Aurora as follows: -

- To honour the 'will and preference' of each person supported
- To safeguard the autonomy and dignity of the person
- Assume that the person has capacity.
- No intervention should take place unless it is necessary and unless all practical steps have been taken without success to help the person make the relevant decision themselves.
- In addition, any action taken or decision made under the Act must be supported in a way that minimises restrictions on the person's rights and freedoms and gives effect, to past and present will and preference of the person.
- Supporting people that are currently Wards of Court with applications to have wardship discharged
- Raising awareness of the Act to all stakeholders, both internal and external
- Aurora facilitates choice and decision making on a daily basis and through, Focus on Future Meetings, Monthly reviews and Annual Review Visioning Meetings
- Aurora have trained Circle of Support facilitators to facilitate Circle of Support meetings for the person supported.

Comply with regulations and in particular **Regulation 5** "Individual assessment and personal plan", **Regulation 6** "Healthcare" **Regulation 9** Residents Rights

Note: All regulations are interlinked with the personal plan

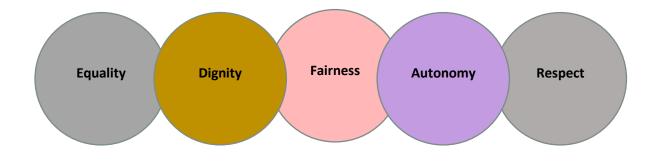


National Standards for Residential Services for Children and Adults with Disabilities January 2013 Standard 2.1 "Each person has a personal plan which details their needs and outline the supports required to maximise their personal development and quality of life, in accordance with their wishes".

4.3. Human Rights Based Approach

Aurora promotes a human rights-based approach, promoting individuals to be autonomous decision-making, empowerment and choice in their daily life. A human rights-based approach ensures that the human rights of people using services are protected, promoted and supported by staff and services. It makes sure that the delivery of services is focused on the human rights of each individual.

Aurora aims to ensure that each person supported are being treated with fairness, respect, equality and dignity; having a say over their lives and participating as fully as possible in decisions about their care and support.



FREDA Model

Resource: Guidance on a Human Rights-based Approach in health and Social Care Services (HIQA)

4.4. Total Communication Approach - It is a Human Right to communicate.

Article 19 of the UDHR protects the right to express opinions and communicate information and ideas in different ways. The right to communicate enables people to make genuine choices in their own lives. However, without support, many people with communication difficulties risk being 'unheard'. Communication difficulties can create significant barriers.

Total communication approach means use all methods of communication so everyone we support can communicate, understand and be understood. It incorporates all modes of communication.

Communication is at the heart of who we are as human beings. We connect and interact, exchange information and ideas, all of which is made possible through communication. Communication is intrinsic to our humanity as social beings—our relationships are built and maintained through communication, our education and work depend on communication, and our participation in justice systems, political, and civic life are all negotiated through communication.

Documentation: Key teams support each individual to develop their profile and biography to include details of the persons total communication style.

Resource: Aurora Total communication booklet & Speech & Language Reports

4.5. Circles of Support

In the spirit of the ADMC, Aurora promotes the "Circles of Support" approach to support people in decision-making. Circles of Supports are made up of people that know, respect and love the person the most. They can be convened for one-off decisions such as a purchase of significant value or on an ongoing basis for medical/dental decisions.

Practice: Aurora has a number of trained Circle of Support Facilitators who are available to facilitate a Circle of Support topic specific meeting. Facilitators are also available to facilitate the Annual Review Visioning Meeting.

5. Theory of Practice guiding Aurora Personal Planning Framework

5.1. Theory of Practice

Aurora promotes a Human Rights Based Approach and has committed to underpinning their practice using Social Role Valorisation (SRV) theory of practice through a Person-Centred approach. This approach will aim to achieve sustainable and valued roles for the people we support as they take their place as active citizens within their communities.

5.2. Social Role Valorisation (SRV)

Wolfensberger's (1999) theory is based on the idea that when people hold valued roles, they are more likely to receive the opportunities that will help them to achieve 'the good life' that goes along with those roles. The theory offers strategies to address devaluation and increase the chances of developing social valued roles and in turn to have access to the good things of life.

In other words, all sorts of good things that other people are able to convey are almost automatically apt to be accorded to a person who holds societally valued roles, at least within the resources and norms of his/her society.

5.3. Person Centred Planning (PCP)

'Person centred planning' may be defined as a way of discovering:

- How a person wants to live their life and
- What is required to make that possible.

Resource: Using PCP tools sit with person supported to explore their interests/likes & areas they might like so some discovery work

Aurora recognises the benefits of their staff understanding the principles of coproduction & community mapping. Using these principles challenge staff in how they support the development of personal plans.

5.4. Co-Production

Co-production supports people to use their **own experiences** and capacity to influence, blurring the boundaries between 'professionals' and 'people who use services' so that power is shared more equally.

Co-production is a specific working model where everybody works together on an **equal** basis to come to a decision that works for them all. At its centre is an organisational shift in power dynamics to create an equal relationship between the people who use services and those who provide them.

5.5. Community Mapping

The community mapping process acknowledges that individuals, organisations/groups, and physical places all have the capacity to create real change in their communities, but that no one can do it alone

Community Mapping gives an opportunity to make new contacts and learn what is available in the community.

Community mapping allows community members to get to know people supported and learn about Aurora service.

Community and Network mapping is a highly effective way to get to know a community and build a framework for future community connections (HSE, EVE, 2019).

Resource: Community mapping tools (*sit with person supported using the tool to explore areas of interest in their community*)

6. Positive Risk Taking

People supported are afforded the 'dignity of risk'. The Person in Charges promotes positive risk taking in the centre and manages to enable positive risk-taking through assessment and risk management policies.

Supporting human flourishing

Positive risk-taking acknowledges the role of risk in human development, human flourishing and human rights. Positive risk-taking benefits people by providing learning opportunities, building confidence and skills, fulfilling personal aspirations and facilitating a person's active participation in society

Upholding dignity

Positive risk-taking facilitates a person's right to take risks and to make mistakes when engaging in life experiences. A person's dignity is likely to diminish as they experience less choice and less respect for their own wishes, past or present.

Promoting autonomy

Making decisions, including taking risks, is exercising power and supports individuals' autonomy

6.1. **Positive Behaviour Support (PBS)** (Refer to Aurora policy on Positive Behaviour Support)

PBS is a collaborative approach which involves working within a circle of support to develop a shared understanding about why the person has a need to engage in behaviours of concern. It involves treating people with utmost dignity and respect and enabling them to have a better quality of life.

PBS focuses on the fundamental that all behaviour has a meaning and serves a purpose, therefore further assessment and analysis is pivotal to identify the function of the behaviour. Effective assessment results in a shared understanding of the person's experiences and needs by integrating biological, psychological, environmental and social factors.

Personal Plan Pathway

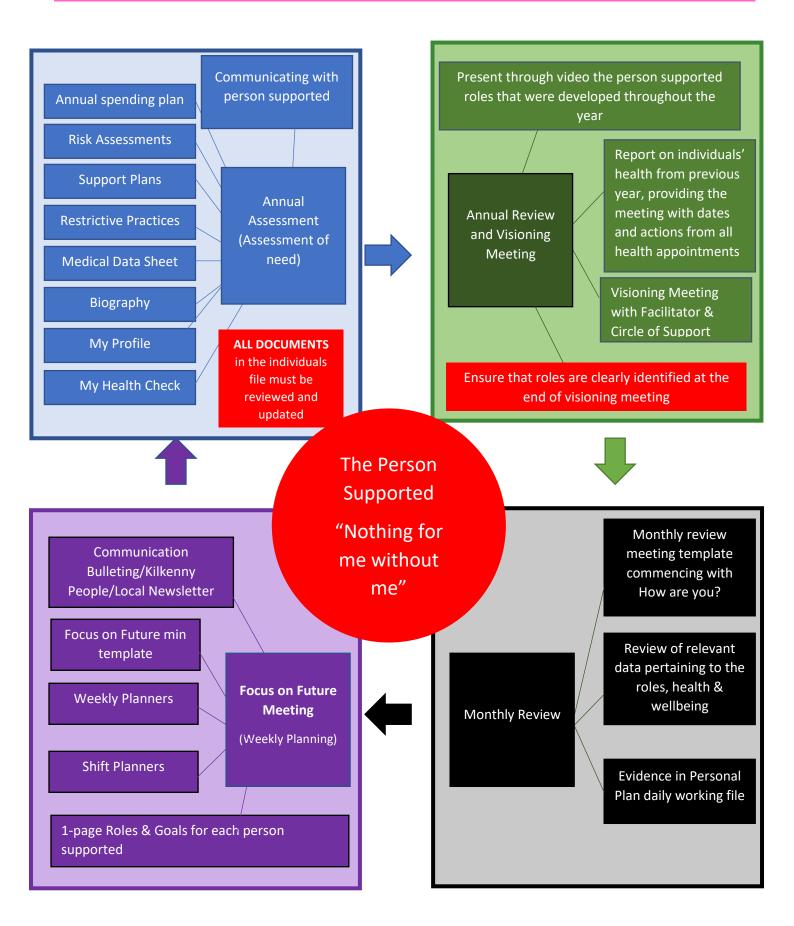
Annual Review (Assessment of Need) Regulation 5 (6) The person in charge shall ensure that the personal plan is the subject of a review, carried out annually or more frequently if there is a change in needs or circumstances PREPARATION for Annual Review & Visioning Meeting All documents relevant to person supported must be reviewed, updated and reported on at meeting Annual Review & Visioning Meeting Annual Review & Visioning Meeting Personal Plan Monthly Reviews Focus on Future Meetings (Weekly)

Personal Plan Framework driven by Freda principles of Human Rights

Based on SRV and PCP theory of practice &

Using the principles of co-production & community mapping

Personal Plan Pathway



Personal Plan Framework

Preparation required for the annual review & visioning meeting

The Annual Review and Visioning meeting is one of the most important events of the year for the person supported. Preparation for the **Annual Review** has to be a priority in terms of planning and organising with the person supported and ensuring documents in the personal plan folder are reviewed and updated.

Support each person to request a Circle of Support Facilitator to facilitate the **Annual Review** Visioning Meeting. Ensure the person supported communication style is facilitated at all times

The Personal Planning Process for Annual Review and Visioning Meeting consists of four steps

1. **Annual Assessment (Assessment of Need)** (preparation for annual review visioning meeting, using minutes template)

Person Supported	Documents
 Prepare and review the Personal Plan with person supported prior to annual review Plan annual review visioning meeting with Circle of Support set date in consultation with family Person Supported sends out invitation by email or post agree on hospitality on the day Agree on best venue for meeting Review all health needs and complete first section on medical data form. (<i>This must be sent to Danville office for attention Hazel Butler & Sarah Egan 3 weeks prior to meeting</i>) Review roles and report at meeting on development throughout the year. 	 Review of persons documents Review previous years minute of the meeting and confirm all actions are closed. Reviewed, amended and dated at time of meeting, Profile, Biography, OK Health Check, Medical data sheet and The Health Biography, Review and update support plans, risk assessments, restrictive practices in consultation with person supported. Review and report on any safeguarding concerns Ensuring person supported finances are in line with policy

2. Annual Review & Visioning meeting

On the day, make it a special day for person supported

• The Facilitate will welcome everyone to the meeting, doing the necessary introductions

- **Annual review** The Facilitator will invite the Person in Charge and the key team to read person supported profile and report on previous year (i) Roles and the development of the roles (ii) Health & Wellbeing with further actions identified and (iii) actions from previous meeting. (Documented on minutes of Annual Review Visioning Meeting template)
- Facilitator will guide meeting through the visioning process
- Agree roles and goals at end of meeting
- All actions identified are written up in action plan on min of meeting
- PIC will sign off on final minutes of Annual Review Visioning Meeting and send to <u>Nicola.Whitty@aurorakilkenny.ie</u> in quality department.

Monthly Reviews (Personal Plan working file)

- It is essential to give the respectful amount of time each month to review roles and should be scheduled in weekly planner as a celebration with the person to look back on experiences & achievements and plan for future outcomes
- PIC and Key team members complete monthly review meetings, with the person supported in line with guidance in Daily Working File
 - Start by asking "how are you"
 - Using the Monthly Review Template and 5 P's as value role indicators
 - Based on identified socially valued roles and goals
 - Using daily notes, weekly planners, pictures etc for review
 - To create and maintain a system of noting memorable events in the person supported life e.g. iPads, phones, life story books, photo albums, scrap books etc.
 - To promote self-advocacy and when required to advocate for the Person Supported
 - Review all relevant documents and note date of the review on them.
 - Supporting valued roles is the responsibility of every member of the support staff on duty.

Focus on Future Meetings – (Weekly planning platform)

- Focus on Future Planning meetings are planned on a weekly basis, person supported leads out on this meeting.
- Good planning is completed at Focus on Future meeting and documented in weekly planners and daily shift planner.
- People supported roles are discussed in terms of planning for role development and identifying who will support them on shift planners
- Shift planners are a key document in supporting teams in the planning and documenting for the person in line with their roles identifies at their visioning meeting.

Resource: Focus on Future Booklet

Are additional Circle of Support meetings required throughout the year?

Yes, this is a possibility and there are reasons why a Circle of Support may be required in addition to the annual review visioning meeting, these are usually topic specific:

- Health Specific (Health specific minute template)
- Finances/spend (Document on Minute template)
- Decision making (Document on Circle of Support Minute template)

These meetings will be identified on an individual basis and planned by PIC and key team members who will ensure all relevant personnel have been invited.

10. Roles and Responsibilities

7.1. Remit of the Person in Charge

- The Person in Charge is responsible for the development of fit for purpose Personal Plans no later than 28 days following all new admission (Regulation 5 (4)).
- The Person in Charge will oversee the key teams in terms of expectations and performance and discuss at their quality conversation.
- The Person in Charge will ensure/oversee that all personal plans are developed using a person-centred approach capturing the wishes, hopes, dreams and goals of each individual so that ultimately, they maximise their personal development and quality of life, in accordance with their wishes.
- The Person in Charge shall ensure, that the person supported is provided with a copy of the personal plan in accessible format and where appropriate to his/her representative.
- The Person in Charge will ensure the overall quality and continual review of personal plan.
- The Person in Charge shall ensure that the personal plan has an annual review and more frequent if required, be multidisciplinary and be conducted in a manner that ensures the maximum participation of the individual
- The Person in Charge will take overall responsibility for the planning and follow-up of Annual Review Visioning Meeting.
- The Person in Charge will lead out on Monthly Reviews until she/he can ensure identified staff have the knowledge and skills to lead.
- The Person in Charge will identify key teams to support each person supported, and within the Key teams identify people to complete specific tasks

7.2. Remit of the Wellness, Cultural & Integration Manager & Night Manager (WCIM)

- The WCIM will lead out on achieving a compliant service and sustaining compliancy as per regulations
- The WCIM will lead out on embedding Aurora's theory of practice across the service
- The WCIM will promote best practice across the service at all times.
- The WCIM will be available to the PIC & staff teams to build capacity of their teams

7.3. Remit of the Community Inclusion Manager (CIM)

- The CIM will oversee the development of the Community Hub in establishing community partnerships and providing the people supported and with new opportunities in areas of occupation, education & recreation.
- The CIM will support team to sign post people supported to opportunities in community to aid their progression
- The CIM will be available to facilitate Circle of Support meetings to explore and discover ways the person supported can avail of their local and wider community
- The CIM will be available to PIC & their staff teams to build capacity in regards to the Personal Plan

Key Teams

Aurora is committed to ensuring that each person is supported to flourish, to grow and develop in reaching their full potential.

Aurora promotes the concept of **Key Teams** to ensure that support staff are all working together to support the person to engage and enjoy a meaningful life, "A Good Life".

Aurora recognises and acknowledges the role of the keyworker as per National Standards, and will work with the core principles of key working, Aurora has adopted and extended this to key teams.

Key teams are an important factor for the people we support to ensure each person has a good quality and meaningful live. The PIC and all staff member of the team are committed to working through a human rights-based approach. They do this with acute awareness and knowledge on how each individual communicates their choices, will and preferences. It is incumbent on each member of the team to develop a relationship with the people supported and foster good understanding of their meaningful roles and how to support them.

Developing Key Team

- The Person Supported, the Person in Charge, and staff teams will work collectively together in identify the Key Team for person supported.
- Each team will have a Key Person, that has over view of ask of the team. (Each member of the team takes on this role over time)
- The person supported will lead out and at all stages, staff acknowledge that person supported are front and centre of everything that is happening in their personal plan.

- The person supported with the PIC will identify a Key Person, their role will be to support the person to self-direct their life.
- The Key Team will support the development of the person supported roles and goal as identified through their visioning meeting.
- The Key Team will ensure the use they follow this policy in terms of planning Annual review visioning meeting, monthly reviews, weekly Focus on Future meetings and populating the daily shift planners.
- The Key Team are responsible for ensuring all paperwork is kept up to date, therefore as part of the team staff members will be assigned by Key Person particular responsibilities to complete with person supported.
- Key team members will be involved in intentional work with people supported in the identification of their roles and development of their personal plan,
- Presenting monthly outcomes at team meeting, informing the wider team, therefore ensuring all employees are aware of roles for all people supported to be worked on throughout the month
- Ensuring archiving is done and easily accessible

Staff Team/Key Teams

- The staff team/key team must be familiar with the assessed needs of each person they are asked to support to include the nuances within their personal plan and the strategies therein to support them achieve their individual roles and goals.
- The staff team/key team will support the person supported to prepare for their Annual review visioning meeting as outlined above.
- The staff team/key team have to ensure a total communication approach is being used, as outlines in person supported profile within the person-centred planning (e.g., pictures, I-pads, posters, videos, etc.).

7.4. Director of Services/Assistant Director of Services

The Director of Services (DOS)/ Assistance Director of Services is responsible for and must therefore ensure whenever possible the appropriate level of accessible allied professional resources within AURORA to meet the assessed needs of each person supported. If resources are not available, the DOS must advocate for same.

7.5. Central Functions Aurora

The Wellness Cultural & Integration teams will provide all necessary supports for the Person Supported, PIC, and staff team to ensure adequate knowledge, guidance and documentation is available to all people involved. They will support and promote the theory of practice in supporting people supported to enjoy the good life.

HR and H&S and Finance Departments will providing all necessary supports to the PIC and staff team in fulfilling identified actions to ensure each person is supported in line with their personal plan

7.6. Annual review visioning meeting data base

The annual review visioning meeting data base will be held on the one drive and will be over seen by Quality department. Planning is essential in each centre to ensure each person supported is afforded the appropriate time for the assessment, planning and implementation of their personal plan.

The PIC has to ensure that the person's annual review visioning meeting is scheduled and the family and required people for Circle of support are available to attend. PIC is required to populate the data base by 10th January each year, taking into consideration how many people supported are in the house and that they are evenly planned across the year.

7.7. Summary

Individualised holistic assessment and personal planning is an ongoing process within the person's every day and not a once off annual or monthly carried out review of documentation. The person supported has to be involved in all stages of assessment, planning and implementing of their plan and their voice prioritised and respected.

To support a person in self-directed living the team needs to find out about the person, their abilities, skills and needs to ensure the person's views and wishes are respected and supports planned in an individualised way.

The Personal Plan Pathway is guiding the support team to be innovative in finding ways to help the person supported to express their views and wishes and live a life as they choose. As a result of ongoing person centred planning the person supported will hold socially valued roles and have meaningful experiences.

11. Audit

The provider has a responsibility under regulation 23 (1) (d) & 23 (2) (a) (b) to ensure there is an annual and two six monthly audits completed in the designated centre, the Personal Plan will be included in these audits.

12. References

- Health Act 2007 (Care and Support of Residents in designated Centres for Persons with Disabilities), Regulations 2013
- National Standards for Residential Services for Children and Adults with Disabilities January 2013
- The Assisted Decision-Making (Capacity) (Amendment)Act 2022
- A National Framework for Person Centred Planning in Services for Persons with a Disability
- New Directions, Interim Standards for New Directions, Services and Supports for Adults with Disabilities
- The NDA paper on outcomes for disability services <u>http://nda.ie/Publications/DisabilitySupports/NDA-paper-on-outcomes-for-disability-services.html</u>
- National Framework for Person-Centred Planning in Services for Persons with a Disability, HSE, March 2018.
- Guidance for the assessment of centres for persons with Disability. HIQA, 2019.
- An Overview of Social Role Valorisation. Wolfensberger, 1999.

13. Appendix 1 Definitions

10.1. Regulations and National Standards

The regulations may be cited as the Health Act 2007 (Care and Support of Residents in Designated Centres for Persons with Disabilities) Regulations 2013, came into operation on 1st November 2013.

Additionally, the National Standards have been developed to support providers to achieve a high standard of care. These standards are designed to safeguard the rights and interests of people with disabilities in residential centres, to enhance their quality of life and to support the development of person-centred care. The standards flow from a human rights perspective and are based on the principle that people with disabilities in residential services should be enabled to lead full lives, comparable to those of their fellow citizens.

10.2. Personal Plan:

This means a personal plan is prepared in accordance with Regulation 5 (4), which has assessed the person's needs and outlines the supports required to maximise the person's development.

10.3. Roles

The definition of a role is the concept of having meaning in something you do and partake in. An example of a role might be the role of a sister, this role doesn't have a start and finish date, to fulfil this role you must be active in it i.e., remember important dates like birthdays, anniversaries and being there as support.

10.4. Goals

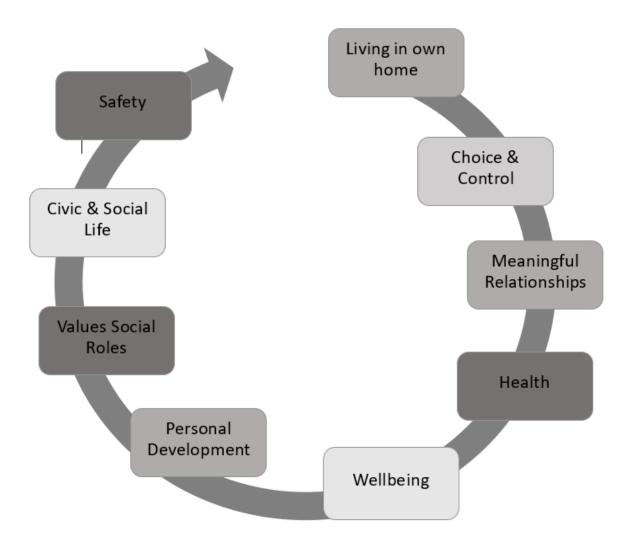
A goal is defined as a desired result a person wishes to achieve. Goals can be short or long term and are set to reach an outcome. Goals are identified through the person-centred planning process and shall capture people's engagement and activities.

Examples of person-centred planning goals are:

- having a job
- making new friends
- taking up a new hobby
- planning a holiday

10.5. Outcomes

An outcome is defined as the possible end result of what someone wants to do. An outcome can have many goals. For the purpose of this policy, outcomes are a positive change in a person's life. The Personal Plan is a meant to achieving goals and outcomes to support the person in achieving a better Quality of Life



14.Supporting Documents available on the Q drive

	Name of Document	Location
1.	Guidance to Personal Plan August 2023	Q:\1. Person Supported\1. Personal Planning Framework
2.	Ways of working - Annual review and Visioning Meeting	Q:\1. Person Supported\1. Personal Planning Framework
3.	My Profile	Q:\1. Person Supported\1. Personal Planning Framework
4.	Biography Template	Q:\1. Person Supported\1. Personal Planning Framework
5.	My Health Check	Q:\1. Person Supported\1. Personal Planning Framework
6.	My Health Check easy read	Q:\1. Person Supported\1. Personal Planning Framework
7.	My Health Check Guidance Document	Q:\1. Person Supported\1. Personal Planning Framework
8	The Health Biography	
9.	Medical Data Sheet	Q:\1. Person Supported\1. Personal Planning Framework
10.	New Annual Review and visioning Meeting Minutes	Q:\1. Person Supported\1. Personal Planning Framework
11.	New Personal Plan Visioning Monthly Reviews	Q:\1. Person Supported\1. Personal Planning Framework
12.	Regulations and Standards	Q:\1. Person Supported\1. Personal Planning Framework
13.	The Universal good things of life	Q:\1. Person Supported\1. Personal Planning Framework
14.	Total Communication booklet	Q:\1. Person Supported\1. Personal Planning Framework
15.	Focus on Future Planning booklet	Q:\1. Person Supported\1. Personal Planning Framework
16.	Focus on Future Planning Minutes	Q:\1. Person Supported\1. Personal Planning Framework
17.	5 x Ps	Q:\1. Person Supported\1. Personal Planning Framework
18.	Circle of support meeting minutes	Q:\1. Person Supported\1. Personal Planning Framework
19.	Ways of working - Guidelines on how to develop and organise a Circles of Support for a person	Q:\1. Person Supported\1. Personal Planning Framework
20.	What's Working not working	Q:\1. Person Supported\1. Personal Planning Framework
21.	Four Plus One	Q:\1. Person Supported\1. Personal Planning Framework
22.	Relationship Wheel	Q:\1. Person Supported\1. Personal Planning Framework
23.	My Places	Q:\1. Person Supported\1. Personal Planning Framework
24.	What's in the community	Q:\1. Person Supported\1. Personal Planning Framework
25.	Good day/Bad Day	Q:\1. Person Supported\1. Personal Planning Framework
26.	Personal Plan Daily Working File Index	Q:\1. Person Supported\1. Personal Planning Framework
27.	Personal Plan Index	Q:\1. Person Supported\1. Personal Planning Framework