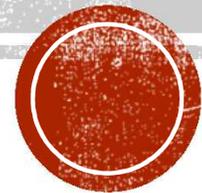


BACKUP PLANNING

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WHAT IS A BACKUP PLAN?

A backup plan can include many different things. Simply, it is a plan for when something happens out of the norm.

- For the purposes of the Person Centered Planning process backup planning is a contingency plan for when the continuity of services and supports needed to be healthy and safe in the individual's home or community is interrupted.



WHAT TO CONSIDER?

Often when we consider backup plans we think about BIG problems.

- Natural disasters—fire, flood, earthquake, winter storm
- Man made disasters—power failures, home fire, chemical emergency
- Emergencies—hospitalization, crime, abuse

These kinds of plans are important and necessary! Some of these BIG problems create a state of crisis beyond an individual (the whole home or even larger community) and this helps to provide a path through that chaos.



RESOURCES

- Department of Homeland Security/FEMA
 - <https://www.ready.gov/make-a-plan>
- American Red Cross
 - <http://www.redcross.org/get-help/prepare-for-emergencies/be-red-cross-ready>
- Centers for Disease Control
 - <https://emergency.cdc.gov/preparedness/index.asp>

Many cities and counties also have emergency preparedness materials and resources that are available to members of the community. Some of the materials and resources are specific to planning for needs related to disabilities.



THAT CAN'T BE ALL?

No! Those kinds of emergency preparedness are often more generic and able to be implemented across different individuals who may have varying needs.

Today's presentation is about person centered backup plans that:

- Address unique needs and preferences of the individual
- Are customized to address risks and situations that the individual is likely to encounter
- Keeps the individual driving their own supports, including those used for backup
- Provides for support needs when there is a temporary or permanent loss if their primary caregiver



CLUES TO USE IN DEVELOPING THE PLAN



- Needs identified in the assessment
- Provider type (PSW, agency, etc)
- Service setting (in-home, foster, employment, etc)
- Risk identification tool
- Community location (rural, urban, bus access, family nearby, etc)



FROM CLUES TO ROBUST BACKUP PLAN

- **Circles of Support**
 - Concept is used widely including with people with disabilities, people experiencing mental illness, people who are aging, and offenders reentering their community.



CIRCLE OF SUPPORT ACTIVITY

- **CIRCLE OF INTIMACY:** People who we share great intimacy, our secrets, and heartfelt emotions. Their absence would impact us greatly. Could include family members.
- **CIRCLE OF FRIENDSHIP:** people who are friends or relatives who we call upon to go out to dinner, see a movie, but people we must see regularly.
- **CIRCLE OF PARTICIPATION:** places and groups where you belong. Include the names of the people or organizations such as spiritual groups, where you work, where you went or go to school, clubs, organizations, athletic teams, or where you participate and interact with people.
- **CIRCLE OF EXCHANGE:** people who are paid to be in our lives. Doctors, teachers, dentists, social workers, therapists, hairdressers, car mechanics, and the like make up the numbers here.

Adapted from <https://www.iidc.indiana.edu/pages/creating-a-circle-of-support>



THINGS TO CONSIDER

- Some of the people from the **Circle of Participation** may move into the **Circle of Friendship** or the **Circle of Intimacy**. The **Circle of Participation** is the garden for sowing future relationships.
- This is also a great place to look for people in the lives of individuals with developmental disabilities who can be part of the backup plan.
 - Example: Calvin's co-worker can be called to get a ride to work if his provider is sick.
 - Example: Jane and Lin are both part of the choir at church. Jane would help Lin get ready for church on Sundays and help her while she is there.



THINGS TO CONSIDER

- The **Circle of Friendship** is also a good place to explore connections that can provide backup support
 - Example: Jay has an uncle who lives about 40 miles away. If something happened to Jay's PSW/mom, Jay could move in with his uncle.
 - Example: Aliyah has a friend who works full time, however if something happened to Aliyah's dad who she lives with her friend could come stay with her for around a week.



THINGS TO CONSIDER

- For some individuals the inner circles might not have a lot of people within them.
- Some needs might not need a backup plan if the absence of the caregiver is short, but may become a health and safety risk if it is long term.
 - Example: Joan needs help with shopping for food and personal items. She doesn't have a back up plan if her PSW is only sick for one day, she just reschedules with her provider. If Joan's PSW were to quit or be gone for more than a week Joan would call her cousin to take her shopping.



THINGS TO CONSIDER

- How would you support someone in backup planning when they don't have a lot of unpaid connections to their community?
 - Example: Taylor's two PSWs are husband and wife. He doesn't have any family that live in Oregon. Taylor is currently working in group supported employment. If Taylor's PSWs were temporarily unavailable Taylor's employment provider also does community living supports and have been identified as a backup provider. If Taylor's PSWs are permanently unavailable Taylor has visited Adult Foster Homes and selected three he would like to move to if he can't live at home. The temporary backup provider could provide supports until the move could be made.



THINGS TO CONSIDER

- Some people who can provide backup can only do so for a short period. When there is going to be a long term need, how do you plan for transitioning from the backup plan to a new permanent support plan?
 - Tiffany's mother was her PSW and passed away. Tiffany's sister came from out-of-state to help her but can only stay for two weeks. Tiffany's backup plan outlined that she would like to have Supported Living if her mom was no longer able to be her PSW. During the two weeks her sister is helping her find a new apartment to move to. A new assessment is being completed and Tiffany's ISP is updated to reflect the supports she will be receiving from her new Supported Living provider. Tiffany's sister had to leave before she was able to move into her new apartment but Supported Living was able to start at her old home and is helping her during the transition.



THINGS TO CONSIDER

- When an individual is very dependent on one specific provider to meet all or most of their care needs it can leave that individual in a vulnerable situation if something were to happen to their provider. It is important to have backup plans that can be implemented in the worse case scenario.
- For individuals with complex and changing needs it can be important that the backup providers also provide some of the ongoing care so that they are practiced and knowledgeable about the individual's current needs and supports.
 - Example: Amar has a PSW that provides most of his care. His prescribed treatments related to his cerebral palsy change frequently and require training from a nurse to perform. Part of Amar's backup plan is to have his backup PSW provide 4 hours of support each week so the PSW stays up-to-date with Amar's current needs and supports.



THINGS TO CONSIDER

- Backup plans can be about almost any need that might arise. They can be more detailed or less detailed depending on the individual's needs and their comfort doing problem solving when something happens.
 - How will I get to and from work if my bus doesn't come?
 - Where will I live if my rent goes up?
 - Who can I call when I have a bad day and my partner is out of town?
 - What other pharmacy can I use if my regular one is out of my medications?
 - Where do I go for non-emergent medical care on the weekend?



THINGS TO CONSIDER

- Not all support in a backup plans has to be a person
 - The backup plan can be assistive devices, technology solutions, or community resources.
 - Example: Calling a taxi when the individual misses the bus.
- Backup plan for failure of utilized assistive devices and technology
 - Have a plan for a communication device failure
 - Have a plan when a wheelchair breaks



LIFE CHANGES, KEEP PLANNING

- Planning to plan can be the plan
 - Some individuals may not have a circle of support to call upon. The backup plan may include developing a list of resources and backup providers who are trained and willing to provide supports
 - Some individuals may have complex needs and need to have a carefully developed backup plan. There might be a need for additional services such as community nursing or behavior consultation to determine the backup plan
 - Review the backup plan regularly including contact information. It's not a good backup plan if the backup supports are unreachable or are no longer available.



WRAPPING IT UP

- Backup planning is a large topic that covers various areas of an individual's life.
- It provides a plan when the BIG emergencies arise but it also can provide a plan when day-to-day situations occur.
- It is important to have a good backup plan so there is continuity of supports for an individual to meet their health and safety needs
- Be creative, pull in non-traditional and unpaid resources to provide backup supports that an individual needs
- Keep the backup plan up-to-date, a plan that is outdated might not meet the individual's needs if it is ever implemented.

