ScrapAbilities
Living the Self-determined Life
LifeBooks

Blending the concept of Self-Determination, Person Centered Planning and Scrapbooking
What is Self-Determination?

Individuals have overall control of their lives, pursue what is important to them and have a meaningful role in the community.

Self-Determination is based on five principles…
Self-Determination 5 Principles

- Freedom
- Authority
- Responsibility
- Support
- Confirmation

My Life
My Way
Nothing about me without me!
Self-Determination Principles

- **Freedom** to plan and create meaningful lives
Self-Determination Principles

• Authority over the money used to support you. With your budget you can purchase the supports you need to live the life you have chosen.

You pay for only what you need

Life, not a program
Self-Determination Principles

- **Support** You get the support you need to live the life you want. You have a circle of supports made up of family, friends, both paid and unpaid supports, and other natural supports.
Self-Determination Principles

• **Responsibility**

You assume responsibility for giving back to your community, for seeking employment, and for developing unique gifts and talents.
Self-Determination Principles

Confirmation

You are recognized for who you are and what you can contribute, having a leadership role in developing policies which affect your life and helping others reach success.
Shifting Power

From

- Professionals planning for individuals
- Reliance on paid professions who are only temporarily part of an individual’s life
- A view that only professional can be responsible
- Service Coordination as a means to let people into existing services

To

- Individuals and families planning for themselves
- Reliance on the lifelong commitment of individuals and families to manage their own lives
- Respect for the fact that individuals and families have a vested interest in acting responsible on their own behalf
- Service Coordination & Support Brokerage as a means for individuals and families to create services in response to their needs and dreams
Blending Self-Determination & Person Centered Planning

LifeBooks

- Freedom: Dream/Desires
- Support: Circle of Support
  - Authority: Understanding Resources
  - Responsibility: Taking Action
- Confirmation: Helping others do what you have done
What is a LifeBook

Collection of words, photos, graphics, artwork, and memorabilia that creates a life record.
Why do it?

• Scrapbooking is one of the fastest growing hobbies worldwide. Scrapbooking is a great way to meet people and is a hobby that can be tailored to any person’s ability. One way to enjoy scrapbooking is to create a Lifebook.
LifeBook Can Serve Many Purposes

- self-advocacy
- creates a picture of you
- it records important events, organizes emergency and medical information,
- encourages communication among the circle of support including your family members, friends and professionals.
- helps service coordinators, providers and friends get to know you better.
- helps plan for your future
Why do it?

• Lifebooks can be great fun too. The focus of attention is on you and building a picture of your story and you as a person; your special relationships, likes and dislikes, modes of communication, aspirations for the future.
Putting together a LifeBook is a great way of involving family and friends in thinking about you.
Vital information about you is not lost and can provide the people who are supporting you, both now and in the future, with valuable insights.
LifeBooks can be used during therapy to help you understand and explain yourself better.
When developing your person centered plan: LifeBooks work as the foundation. You’re planning and directing your services. This is done all year long versus during a meeting that might happen once or twice a year.

I maria..... hjhox
A brother, a very loving
Son of Hannah & Michael
Loved of pets, a wildlife adventurer
Who feels angry, sad, sorrow
Who needs readjustment help & support
Who fears snakes & spiders fast the age
Who I would like to see bullying stopped
Today Michelle Chris Brown
Am a resident of kirksville, Missouri
Welcome you to my poetry

Love

SMILE

^Peace
By thinking about their past and present it is possible to engage people in thinking about the future and how it might be different.
LifeBook Pages

The Basics about Me:

- This section will tell you about me. The things I want you to know my background and just general information about me.
The Circle of Support is the group of people that help me get the services I need and help me plan for my future. They are my family, friends, neighbors, advocates, staff and other service providers. Included are the people that are important to me and the people I would like for you to meet.
In this section you will find things that are important to my well-being. You will find things that I must do, things I must have, important routines, how I want to look and feel. Anything that is really important to me.
You will also find things that make me uncomfortable, unhappy or upset. Things that are not working in my daily routine; dislikes I have; roadblocks, barriers and problems I must face; and worries, concerns or fears.
This section can describe how I talk, signs I know, or other ways that I let people know how I feel. Also listed is what you can do so you can understand me better.
My moods, behaviors and the best way to support me: Understanding my moods and behaviors will help you get along with me. My moods include being happy, interested in things, excited, affectionate, energetic and social. My moods also include sadness, anger, loneliness or feeling upset. Included are things that bring on my different moods. Included can be what to do if I display actions that are out of character for me. You will find here how to communicate and work with me when I am upset.
LifeBook Pages

What I do now and the supports that I need:

- This section shows and tells you what I do now and the services that I receive. All areas of my life are included home, work, day program and things I do in the community. This includes routines, rituals and the way I like things done.
• What I want for my future-My preferred lifestyle: This area talks about changes that I may want to make in my life, goals that I have and contributions I can make. This is a way of organizing my family and my wishes for a happy, stable and rewarding future.
LifeBook Pages

- It includes plans or thoughts about plans for my future in the following areas:
  - Where and with whom I want to live
  - Financing and legal
  - Job and day program
  - Community and relationships
  - Leisure and recreation
LifeBook Pages

How can I advocate for myself:

• This section is for me to find ways to understand my rights and responsibilities.

• It may include pictures that help me understand what my rights are. How can I use to this book to express what my goals and desires are. How do I get more involved with running my meetings? What do I want from you during my planning process? How to do plan and evaluate the services that I receive? What I do I become as independent as I can be? What can I do to help others understand their rights? How do I express to others that I am able to express and make choices for myself.
Mini Book of Me

A Book About Me

Spencer Robert Buttram

13 years old, 2009
What I Love About Me!

#1 "I'm Smart"
—Spencer likes confirmation and will tell others

#2 Spencer likes to make people laugh

#3 Spencer is a sharp dresser—tux, tie, dress shirt

#4 Wears cologne to smell good

Determination

Hugs

Laughter

Sincerity

Honesty

Happiness
Funny Things I Say!

#1 "Awkward!"
#2 "My Bad"
#3 "My Bruthus"
#4 "I'm going to open the door for the ladies"
#5 "Hamburger — Pink Panther"
#6 Bonjour
#7 "Ba Da Bah Bah Bah, I'm lovin' it"
   (McDonald's Theme Song)
#8 Speaks in English accent, "Mr. Lawley"
#9 "What?" when he knows he does something funny
#10 Speaks in "Dog" or "Cat"
Things that Tick Me Off!

#1 People laughing at me
#2 People taking advantage of me
#3 People touching my hair
#4 People treating me like a “Baby”
#5 People being too loud, Spencer will tell you to be quiet
What I Love about Being a brother!

#1 Always having a friend
#2 Having someone to look out for me
#3 Having someone to pick on or pick on me!
#4 I get to share a room
#5 Having someone to play with me
#6 Unconditional Love

BEST BUDDIES
### People I’m Thankful for

1. Mom and Dad
2. Brothers—Chance and Tristen
3. Nana and Papa
4. Auntie Karen
5. Good Friends

Friends are family

Auntie All of us!

### Favorite Friends!

1. Ashton Gray
2. Lance Parrish
3. Cole
4. Quinton Pucket

You've Got To Have FRIENDS!
Activities I Love to Do

#1 Watch videos!
#2 Go to movies at the theatre (age appropriate)
#3 Draw
#4 Write in my journal
#5 Swim
#6 Play with stuffed animals
#7 Play Wii or DS games
#8 Going on roadtrips
#9 Sing and entertain others
Favorite Music Artists

#1 Keith Urban — once wanted to have the same haircut
#2 Alan Jackson
#3 Toby Keith
#4 Rascal Flatts
#5 Hannah Montana
#6 AC/DC
#7 Elvis
#8 Spencer loves to ride with his dad and listen to 80's headbanging music
Favorite Videos

#1 Scooby Doo — any of them
#2 Gremlins
#3 GhostBusters
#4 Ghost Rider
#5 Pink Panther
#6 The Mummy
#7 Transformers 1
#8 Journey to the center of the Earth
#9 Spy Kids (1–3)
#10 Indiana Jones movies
#11 High School Musical (1–3)
Favorite Foods I Eat!

#1 Chicken (nuggets, strips, or popcorn)
#2 French Fries or Tator Tots
#3 Homemade Rolls with Butter (from Nana, Logan's Steakhouse or Alice Irene's Restaurant)
#4 Cheezy Bread Sticks or Pepperoni Pizza
#5 All Beef hotdogs on a Bun—Plain
#6 Chocolate Chip Cookies
#7 Birthday cake, Spencer will eat the frosting and not the cake
#8 Popcorn with Butter—at the movies, while watching videos, or as a snack
#9 Reeses Peanut Butter Cups
#10 Pretzels, Cheez-its, or Town House Crackers
#11 Waffles
#12 Doughnuts (glazed)
#13 Drinks—Root Beer, Orange soda, Sprite or Blue Coconut Slush
Things I Betcha Didn't Know About Me!

#1 Spencer can be very shy and quiet, but he listens to everyone around him and knows if they are talking to him or about him.

#2 Spencer can get hyper and tell jokes making everyone around him laugh.

#3 Spencer doesn't like to be in loud environments and will cover his ears and put his head down.

#4 Sometimes Spencer won't answer you when you're talking to him (if he doesn't feel like it).

#5 Spencer is mainstreamed in school with kids his own age

#6 Spencer is very independent

#7 Likes to pay for things with his own money

#8 When watching TV, doesn't like to be bothered!
What I Love about Willard

#1 That's where I live!
#2 Nana and Papa live there
#3 I love my school
#4 Willard Aquatics center
What I Dream About!

#1 Food


#3 Living at the Drury Inn — can swim, watch TV, eat popcorn and Big Breakfast

#4 What my next Birthday Party will be like. (What kind of Birthday Cake, who will be invited, where will the party be)