

New Directions

St. Michael's House provide *day services* in line with the HSE, New Directions policy. New Directions is one of the key policy documents contained in the HSE Transforming Lives Programme. This is under Goal 3 of our Strategic Plan 2017-2021.

New Directions sets out twelve supports that should be available to people with disabilities using 'day services'. It proposes that *day services* should take the form of individualised outcome-focussed supports to allow adults using those services to live a life of their choosing in accordance with their own wishes, needs and aspirations.

The HSE published *Interim Standards for New Directions Services and Supports for Adults with Disabilities* Report requiring agencies like St. Michael's House to involve people with disabilities in the design, delivery, monitoring and evaluation of the services and supports provided.

The Interim Standards aim to be a catalyst for community inclusion and self-determination in the lives of people with disabilities.

Our main achievements 2018;

- 50 locations successfully completed the self audit on Theme 1-*Individualised Services and Supports* of New Directions within the required timeline.
- The self audit identified areas of success like; making a complaint, having lots of opportunities to access community and person centred planning. It also outlined areas of improvement like; record keeping , report writing and support for the movement of Individuals between centres.

Keeping with Theme 1 Individualised Services and Supports – St. Michael's House further developed Person-centredness which is a set of beliefs, attitudes and expectations about the right and capacity of a person with a disability to live their life in accordance with their aspirations, needs and abilities.

A person-centred approach to service provision is one where services are planned and delivered with the active involvement of people who use services.

Person Centred Planning (PCP) 2018

One of our objectives under Goal 1 in our Strategic plan 2017-2021, is to put in place Person Centred Planning system for children, young people and adults who use our services. PCP was at the heart of the organisation in 2018 working with adults.

Person Centred Planning (PCP) can be defined as a way of discovering;

- How the person wants to live their life ?
- What is needed to make that possible ?

PCP is the approach to give people the opportunity to set and achieve meaningful goals. It makes a positive difference in people's lives and involves staff and family members. The real changes happening in peoples lives are clearly visible.

The diagram explains the approach applied in St. Michaels House

There are several levels of consultation with the person and clinical teams to establish the PCP plan for the individual.

- **All About Me** – consultation process with the individual to capture the information that is important TO me. A starting point for planning and imagining change. It is unique and individual to the person.
- **Assessment of Need** – Identifies and records the support needs of each individual. It captures the information that's important FOR the person.
- **Outcome Review Meeting** – A meeting to agree actions that are important TO and important FOR the person.

