



**MILESTONES
AUTISM RESOURCES**

20+ YEARS EDUCATING, COACHING & CONNECTING




OhioISP
ICF Training Series 2025

Pre-Training Survey:



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**Mission
& Vision**

Milestones Autism Resources improves the lives of autistic individuals, families, caregivers and professionals by educating, coaching and connecting them with trusted resources.

A community in which autistic individuals reach their full potential as integrated members of society, with their needs supported and their abilities, strengths and voices valued.

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Milestones Autism Resources Services



Annual Conference
Join 1,200 professionals, families and autistic individuals for world-class speakers, networking and support



Consultations & Training
Families, autistic individuals & organizations to create customized action plans



Helpdesk
Free local guide, connecting you with the best evidence-based resources



Online Resources – milestones.org

- 1,400 educational, therapeutic, medical and recreational resources in Ohio
- Guiding Questions
- Autism Tool Kits
- Community Calendar
- Milestones Autism Planning (MAP) Tool

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Other current Milestones I/DD projects:

- Video training for DSPs on taking people with complex behavior into the community (coming soon via Innovating Inclusive Supports grant)
- Provider training & consult on best practices for autism with cooccurring mental health needs
- DSP training on “integrated” behavior support (autism + trauma + mental health + person-centered thinking)



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Milestones Team for this project

- Bradley Wyner, Director of Education
- Monique Burgdorf, Education Manager

All project information:

milestones.org/OhioISP



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Grounding Guidelines (phrasing borrowed from Jordyn Zimmerman)

Be present in a way
that works for you.



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What are your hopes & expectations for today?

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Scope of today's training

- Focused on content – will not address any tech platform elements
- Deepest focus on a few key areas:
 - Comprehensive assessment
 - Measurable programs
 - DSP training on plans
 - Application across diverse abilities

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Today's Agenda

9:30-11:00	<ul style="list-style-type: none"> • Introduction • Person-centered planning for ICFs • OhioISP structure for ICFs • Assessment process highlights • Incorporating information from people served
11:00-11:10	Break
11:10-12:30	<ul style="list-style-type: none"> • Making sure that the assessment is comprehensive • New tool: Assessment Reminder Doc
12:30-1:30	Lunch
1:30-3:00	<ul style="list-style-type: none"> • Outcomes/Experiences, Services & Supports, measurable program goals
3:00-3:10	Break
3:10-4:30	<ul style="list-style-type: none"> • Risk & Supervision • Introduction Page as DSP training tool • Applying to diverse populations • Additional resources

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Process Up to Now



- Feedback from the field via listening tour, virtual meeting, feedback on draft of curriculum and tools
- Meetings with DODD and ODH to confirm that curriculum represents a best practice
- General agreement from participants in the ICF field, DODD, and ODH that the elements of this curriculum align with best practices
- Of course, no training can guarantee “no citations”

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By June 2025, project will produce:



- In-person trainings (by superintendent region)
- Video version of the training for future use
- “Companion Document” to use alongside OhioISP in assessment & planning
- ICF Administrator implementation checklist
- Video training companion for administrators

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Facilitation Tools

- Don’t be shy about asking questions, volunteering to read, talking through application
- “Parking lot”
- “Bucket of Radical Acceptance”
- “Permission slips”

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Training Objectives

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“Macro-Objective”



- Learners will be able to execute excellent person-centered planning using the OhioISP.

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Training Objectives



1. Learners will be able to capture a comprehensive scope of functional information in the Discovery Assessment within the OhioISP.

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Training Objectives



2. Learners will be able to use the OhioISP to synthesize requirements and best practices of ODH and DODD, including outcomes, experiences, and services and supports.
 - a. Apply the principles of "important to" and "important for" to differentiate which elements of a person's support are best framed as outcomes, experiences, or services.
 - b. Create outcomes that are centered on what is important to a person.
 - c. Describe experiences that will build toward a person achieving their desired outcomes.
 - d. Leverage things that a person values ("important to") to support achievement of unmet health "important for" needs.

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Training Objectives



3. Learners will be able to use each component of the OhioISP (assessment, plan, introduction) to direct important information to the appropriate audience
 - a. Use the discovery assessment section to maintain important historical information and to meet planning needs that do not affect day-to-day support
 - b. Use the introduction section to convey essential information to people providing direct support on a typical day
 - c. Use the plan section to describe the personalized ICF programming and services received by the person

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Training Objectives



4. Learners will be able to describe several strategies to elicit person-centered assessment and planning for diverse people residing in ICFs, including:
 - a. Intense or complex behaviors
 - b. High medical needs
 - c. Severe to profound intellectual disability
 - d. Retirement age
 - e. Children and youth

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Person-Centered Planning in an ICF:

Challenges & Opportunities
(5 minutes pair/share
discussion)

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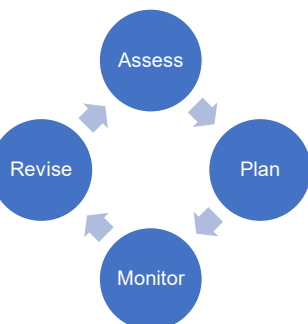
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Some brief/pertinent reminders of core
principles . . .

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This cycle
happens in all
settings.

In an ICF, they
have specific
components.

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Important to & for

- More than just a concept
- Useful along the whole cycle

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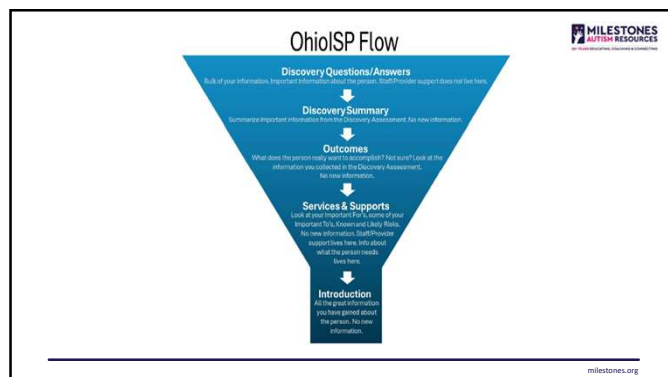
Six Essential Elements

- Respectful & Empowering
- Uses a Trauma-Responsive Approach
- Makes Connections Throughout the Plan
- Detailed and Thorough
- Clear Outcomes & Experiences
- Clear Descriptions of Services & Supports

<https://dodd.ohio.gov/compliance/oisp/resources/six+essential+elements>

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OhioISP in the ICF: A “Big Picture” Overview

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The Discovery Assessment

- “Comprehensive functional discovery”
- Sorts through the tos/fors and documents the why behind them
- Provides necessary documentation for ICF services
- Collects historical information
- Allows the team to work through elements on the way to setting a plan

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The Introduction

- Summarizes the **essential** information for day-to-day supports
- Uses **direct** language to efficiently get important information to direct support professionals

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The Plan

- Establishes the person's individualized programming
- Describes what the ICF provides for the person day-to-day
- Describes what the ICF provides for the person year round

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OhioISP in the ICF: Highlights of the Assessment Process

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Foundational Assessment Guidance



What assessment is:	What assessment isn't:
Conversations/dating	Simply completing a form/questionnaire
Discovering skills, abilities, and needs	Determining which is best
All areas explored by the OIA/QIP with input from the person and those that know them best	Current services determine which questions asked or driving answers without exploration
Go where conversation takes you or where you know you need to go	Only go where invited, avoid difficult conversations about known info
Flexible – ask questions in multiple ways	Right – read each question as it is
Assessment and discovery go hand in hand	Planning, developing supports, identifying services

Preparing for assessment:

- Assessment conversations should happen in an informal environment
- Consider how the person wants to meet – 1:1, small group, virtually, etc.
- Who should you talk to? Talk to the person and/or those that know them best, as identified by the person.
- Some questions are sensitive (sexuality, culture, etc.). These questions should be asked 1:1 or in a small group whenever possible.

Considerations for assessment:

- Consider other current and relevant assessments (the assessments such as Level of Care, OIIS, COIS, etc. and other professional assessments such as PE assessment, National Rights, etc.)
- Person-centered tools are built in to help identify important to, important for, skills and abilities, etc. Use what has been learned in each assessment section to complete summaries (using specific for the person) at the end of each section.
- Avoid focusing on services and supports at this point, you'll get there in planning. For now, you are learning about the person and their wants and needs.

Considerations for every section:

- Technology – Even though you aren't planning yet, keep in mind how the person may use technology to support their wants and needs. Consider supports such as remote monitoring, smart equipment, and other types of everyday technology. Be sure to include skills and abilities related to technology throughout the assessment.
- Cultural – be conscious of potential differences between your values/culture and the person you are assessing.
- Self-direction – the person may have an ability in an area, but not understand when/where to initiate you can order pizza, but wouldn't know to order when hungry without a prompt.

<https://dodd.ohio.gov/compliance/oisp/resources/assessmentguidance>

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General Principles: The Narrative



- There are multiple “correct” ways to place information
- You don’t need to repeat yourself in the narrative part of the Discovery Assessment if something is already established in a different question.
- Not every assessment question will need to be explored in detail; some sections will be robust based on individual needs (medical, behavioral, work-related, etc)

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General Principles: Prioritizing



Establishing what is **not** important to/for a person has value in the ICF planning process

Examples:

- Child who is prescribed eyeglasses at 12 but won't wear them. No signs that it is impacting functioning.
- Person with multiple indicators they aren't interested in working.
- “Small” clinical recommendations. You can't just ignore them; if the team decides not to pursue, it is important to document that in an ICF. This is the team expressing priorities.

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General Principles: The Q's Role



- The Q's role is to collect information from others and document consensus
- Everyone has part of the story; no one has all of it
- It is appropriate to include all information gathered in the Discovery Assessment (but not in the plan)

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General Principles: The Team



In an ICF, "The Team" includes:

- Person receiving services
- DSPs
- QIDP
- Nurse
- Doctors
- Specialists writing assessments
- Guardian, if applicable
- Family & friends

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General Principles: The Team



- The team (with the person served as a leading member of the team) ultimately determines what is important & not important for each individual person.
- The person receiving services is a tremendously important voice in that decision, even if they don't speak with words

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General Principles: The Team



Example:

Kevin is 24. Mom is very involved. She wants Kevin to dress less "sloppy." Kevin values comfort and sometimes tears/throws out clothing.

What do we do?

It's important **for** the person to show the world that he is worthy of respect. It's important **to** him to be comfortable. Team decides where to pursue/what to elevate.

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Highlights of the Assessment Process: Eliciting Information from People Receiving Services

(Even if they don't speak words)

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Use the “complete context” of the person



Put together everything you know about the person

- Preferences indicated by behavior
- Recommendations of clinicians
- Social history
- DSP observations

The more sources contribute information, the more complete is the context. (Multiple staff, multiple settings, etc.)

It's not just about “what the person said at the annual meeting.”

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Examples



What does the person want to accomplish?

“Even though Cindy can't tell us directly, her team thinks _____, based on _____.”

What does the person believe would make their life better?

“Team members' opinions differ. Cindy's guardian thinks _____. However, several DSPs have observed _____. The Preference Assessment from her behavior analyst recommends _____. Based on incident trends and patterns in the past year, we can also infer _____.”

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Taking Direct Statements Literally



The value of dreams, even if they are unrealistic.

Examples:

- "Being recognized by the whole world for being the princess that she is."
- "Doesn't like doing stuff. In any moment, if given two choices, will choose the one that less resembles doing stuff."
- "Her would be to go back to before her parents passed away."

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Taking Direct Statements Literally (cont.)



Echolalia, delayed echolalia, "meaningful echolalia"

(For more detail on, read up on "gestalt language processing" - People using "chunks of language")

Examples:

"Going to the zoo with Nikki."

"Shoes" meaning going places with family.

We can infer meaning within the larger context of the person.

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Taking Direct Statements Literally (cont.)



Pressure to give an answer in formal settings vs. what is expressed in low pressure situations

- Example: We ask person what makes a good day. She says "Pizza!" Include that. **Also** include observations about other things that bring her joy from DSPs, family, etc.
- Example: Working with someone who gives occasional one word answers: Who is your favorite person? Spoken answer: "Sherry!" "Bill!" (whichever DSP is in the room.) Q observation: more laughing and less aggression when working with Janice & Alonzo, when doing activities with Kristen, when with Dad.
What would you record in the Discovery Assessment?

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Holistic View of Person's Actions as Suggestion of Their Desires



Examples:

- Nonspeaking person who genuinely seems interested in new people after the initial shyness.
- Someone who talks about animals all the time, but melts down after more than 10 minutes at the zoo.

Especially important for people who give limited answers or fewer answers in "meetings."

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"Respectful Guessing"
is a best practice when supporting people
with little to no direct language.

We respectfully infer from the entire context
of their lives and actions.

*"If they could tell us what they want, we think it
would be . . ."*



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"Conversation Facilitation: Tips from the Field"



(general tips on approaches to better understand a person &
their needs during the required formal process of assessment)

Tip	Description
1. Establish rapport and trust.	Build a relationship with the person and their support team before the assessment process begins.
2. Use naturalistic observation.	Observe the person in their natural environment to understand their communication and behavior patterns.
3. Use structured observation.	Use standardized assessment tools to gather information about the person's communication and behavior.
4. Use interviews.	Interview the person's support team to gather information about the person's communication and behavior.
5. Use direct assessment.	Use direct assessment tools to gather information about the person's communication and behavior.
6. Use indirect assessment.	Use indirect assessment tools to gather information about the person's communication and behavior.
7. Use a combination of methods.	Use a combination of the above methods to gather information about the person's communication and behavior.
8. Document findings.	Document the findings of the assessment process in a clear and concise manner.
9. Share findings.	Share the findings of the assessment process with the person and their support team.
10. Develop a plan.	Develop a plan to address the person's communication and behavior needs based on the findings of the assessment process.

<https://dodd.ohio.gov/wps/portal/gov/dodd/compliance/oisp/resources/Conversation>

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Pulling Information Together



- Bringing those actionable summaries to the team
- Ultimate **important** to/for decision is up to the entire team (including the person served)
- What to document and pursue if the rest of the team doesn't consider formal recommendations important (we don't just disagree with experts and move on)

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Making Sure The Discovery Assessment is Comprehensive

(so you can confidently stop using an old CFA)

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A New Tool/Resource:

The Assessment Reminder Doc

<input type="checkbox"/> Medication: How meds are taken	Healthy Living: Does the person take medication? /Person input	Services/Support: If staff provides, other places if appropriate
<input type="checkbox"/> Psychotropic Medication Review	Healthy Living: Does the person take medication? /Person input	
<input type="checkbox"/> Self-Medication Ability/ Learning	Information is accurate that psychotropic medications are appropriate and will be titrated when possible, such as 70% based annually. The physician will review psychotropic medications and determine if they are safe and appropriate. Healthy Living: Using with medication? Can summarize information from formal Self-Administration Assessment? Can record conversations about other options (required at least annually)	Outcomes/Experiences: If becoming more independent with medication is something this value Services & Supports: Elements of need administration that must be done for the person Outcomes/Experiences & Services/Supports: Providing details of when & how other experiences and services/supports happen creates a personalized schedule. If a person needs something more detailed, it can be included in the plan as something "important to" the person, or as "how to support" in other sections.
<input type="checkbox"/> Schedule (personnel)		

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Assessment Reminder Doc

- A bridge to help us connect details (that we are accustomed to as part of a CFA and ICF plan) into a holistic approach
- Use as a checklist to make sure the Discovery Assessment is comprehensive
- This is **one** best practice; a team could approach these things differently and still do excellent work

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Assessment Reminder Doc (cont.)

- There are plenty of ways one could use this resource and there still will be issues; it's just a bridge and a way to organize thoughts
- Suggests ways to use both the Discovery Assessment and the Plan to meet specific ICF requirements
- You can download & customize the doc

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Assessment Reminder Doc Sections

1. General ICF areas
2. Functional Details
3. DDP Reminders
4. Specialized Tools/Assessments

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Notes at the Top:

- This document suggests which section(s) of the OhioISP would be a good fit for information typically included in ICF plans.
- These suggestions are not the only way to record the information.
- They are guidelines to support best practice, but still require personalized attention by a QIDP and interdisciplinary team for each person.

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Convenient checkbox	Topic to remember to address	Recommended place to address in the Discovery Assessment	Recommended place to address in the Plan
<input type="checkbox"/>	Social History	Discovery Assessment Section: Social & Spirituality via answering questions, or provide additional social history as a specialized tool	Plan Section: Services & Supports: Things done for the person by ICF staff or others (e.g., maintaining eligibility)
<input type="checkbox"/>	Money Management	Daily Life & Employment: Finance <ul style="list-style-type: none"> Establish person's ability to manage own finances or need for learning/support Reference how much money person can handle independently 	Outcomes/Experiences: If the person is working on money management to pursue something they value
<input type="checkbox"/>	Arbitration/Disability/Transfers	Community Living: Safety Around <ul style="list-style-type: none"> Information to assure that psychotropic medications are appropriate and will be treated when possible. At least annually, the physician will review psychotropic medications and determine if they are safe and appropriate. 	ICF or Outcomes/Experiences for what staff to do help
<input type="checkbox"/>	Psychotropic Medication Review	Healthy Living: Does the person take medication? <ul style="list-style-type: none"> Can summarize information from formal Self-Administration Assessment Can record conversations about other options (required at least annually) 	Outcomes/Experiences: If becoming more independent with medication is something they value
<input type="checkbox"/>	Self-Medication Ability/Learning	Healthy Living: Help with medication? <ul style="list-style-type: none"> Can summarize information from formal Self-Administration Assessment Can record conversations about other options (required at least annually) 	Services & Supports: Elements of med administration that must be done for the person

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"Functional Details" plan application

- If person is working on it to further their own goals, put in Outcomes/Experiences.
- If staff are doing it for or with the person, put in Services/Supports.
- If person is independent, put in Skills/Abilities (OK to group together without listing every single area if person is independent in a lot of things, just make sure what they do need help with goes into Service/Supports).
- If "Natural Supports" provide any of these areas, identify in "Additional Supports" section. For children & youth, this is also a good place to capture transportation provided by a school district, or areas that schools focus on (for example: "Receives OT at school; School and QIDP communicate on goals and progress via email and meetings").

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DDP “Behavioral Domain” in Discovery Assessment

If one section goes into detail, it is OK to cross-reference other sections.

For example, if someone hits themselves to communicate something specific, the communication section could capture those details, with a note in Safety & Security: Behavioral Well Being: Risk Behaviors to “see details on self-injury in Communication section.”

Team should use judgement about where is the best assessment section to capture the information, and how to direct attention to different assessment sections, rather than copying the same wording in different, related sections.

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Specialized Tools/Assessments plan application

-If person is working on it to further their own goals, put in Outcomes/Experiences.

-If staff are doing it for or with the person, put in Services/Supports.

-If person is independent, put in Skills/Abilities (OK to group together without listing every single area if person is independent in a lot of things, just make sure what they do need help with goes into Service/Supports).

-Anything done by supports not covered by the ICF (for example, family members, privately paid activities, therapy at school), put in “Additional Supports.” That does not apply to external sources that the ICF contracts (for example, contracted day program, clinicians, etc) - those are still part of the person’s ICF services.

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Let’s Look at the Details . . .

Available now at
<https://www.milestones.org/ohioisp>

Will be available through DODD
 website late 2025

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Outcomes/Experiences, Services & Supports, Measurable Programs

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- Outcomes are always important **to** the person
- Outcomes are **not** things that are already happening enough . . . They are things the person wants to happen more, or that are new, or related to changes they want to their life

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- The person-centered information from Discovery Assessment drive Outcomes
- For people with limited language, the principles we used in Discovery Assessment help the rest of the team make respectful guesses about what the person wants

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Places to look if the team is stuck:



(see handout)

- Top 5 Resilience Factors
- Maslow
- Blackfoot Nation
- Human Givens
- Glasser Basic Needs

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- Outcome structure of [important for] so that [important to] is a good practice.
- Detail the “for” stuff in the experiences to accomplish the “to” (as measurable goals)
- Let’s look at a lot of examples . . .



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Outcome Examples

using “[important for]
so that [important to]”



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Derek loves eating and loves spending time with his nieces. He's getting older and his doctor says he needs to increase exercise.

"Derek will exercise more so that he can enjoy a long life seeing his nieces as they grow up."

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Dave enjoys all sorts of food. He doesn't enjoy brushing his teeth. He has only got five teeth left.

"Dave will maintain his oral health so he can continue to enjoy all of his favorite foods."

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Sheila loves going out in the community. Her anxiety is a serious barrier, and the team agrees that some hard work on anxiety would lead to her being able to lead her best life out in the world.

"Sheila will have a variety of ways to manage anxiety so she can spend as much time out in the world as possible."

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Even though Shana doesn't talk, her staff remember how much she used to like it when her grandmother brought over homecooked foods from her family's culture. The team thinks she misses her family's cultural foods. Her struggles with OCD and hygiene make it hard for her to do anything safely in the kitchen.

"Shana will improve her hygiene and her ability to follow steps of an activity so that she can learn to cook recipes from her family's culture."

(Potential Experiences: Working on not handling poop. Working on handwashing. Working on self-help during uncomfortable rituals. Working on trying new things for 3 minutes. Eating cultural food. Making cultural food. Investigating recipes.)

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"Jim will learn zip up his own lymphedema pumps so that he can safely and painlessly attend professional wrestling events as independently as possible."

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It's important to Rachel to be able to eat at her own pace. She makes a whining sound to protest and struggles with words when upset, but uses short sentences when regulated.

"Rachel will use short phrases like 'no thanks' or 'take your time' to tell other people that she doesn't want to be rushed, so she is able to enjoy more things with the leisurely pace that she appreciates."

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Lee lights up when being silly and laughing with other people. Sometimes it goes too far and escalates into pulling on people's arms and throwing things.

"Lee will safely transition from moments of comedy to moments of quiet, so he can safely enjoy sharing laughs with others."

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Marco has a major struggle with OCD. Even though he doesn't talk, he gets involved in "back and forth" power struggles when he moves things and other people move them back. He also has a communication device that he rarely uses.

"Marco will use his communication device to say "My way" when it's important to him that something stays how he puts it."

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Chloe communicates through body language, usually very slowly. Very passive energy. Her team has trouble telling what she's really interested in. OT recommended certain stimuli (high pitched music, minty foods, light touch) as alerting strategies.

"Chloe will explore alerting sensory strategies to eventually engage more clearly with other people and express her wants and desires." (Experiences: choose between different sensory activities, craft toward what she's interested in. Maybe plan "experiences related to what she seems to like" in Q3 & Q4)

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And then . . . it will not be the same thing year after year!

They will keep changing based on what is important to the person that isn't happening. Maybe some last longer than a single year, but it can't go on forever.

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Experiences

- Can reflect formal programming
- Can be measurable in a variety of ways
- Can create an expected roadmap toward progress into the future

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Supporting QID's: Incorporating Program Goals within the OhioASP

With the objectives of this research, QID's are not expected to have every program goal fully. However, having program goals and self-monitoring administrative data used for self-development. Use the below guidance for determining if the goal is best incorporated as an outcome OR service and support.

- How did building goals can be viewed as an outcome if they are:
- Something important to the person
 - Something the person values and wants to accomplish
 - Something to work towards, something different than how things are today that would make the person's life better
 - Meaningful to the person and measurable

These did building goals are often better incorporated as a service and support if they are:

- Things the provider or support person is responsible for while existing for person
- Ability, medical, supervision, and community support

Example:

Previous Program Goal: They will improve her range of motion and weight bearing, returning to 100% functionality.


Incorporating program goals within an outcome			
Outcome: What does the person want to accomplish and why?			
Tina wants to walk in her neighborhood each evening to enjoy time outside, eat with neighbors, and hear nature.			
Service to Support:			
Tina has always been very active and recently had a knee replacement which has limited her ability to be active and outdoors.			
Expectations to create an measurable, the outcome, and experience data for person need to target?			
What needs to happen:	How it should happen:	When it happens:	When/How often:
Tina will complete her range of motion exercises.	With verbal encouragement from staff, each morning (morning leader) Tina will complete a segment of 10 min. range of motion exercises with 70% effort.	ABC GP	Every 1x
Tina will join up the recreation from the administration building.	With verbal encouragement, Tina will walk to the administration building a minimum of 4 times a day. The caregiver will assist with 70% effort.	ABC GP	Every 2x

Incorporating program goals as a service and support			
Outcome area:	Building Goals:	Service type:	Scope of service/What support looks like:
Health/Long:	GP	Recreational Care Facility	With verbal prompting, Tina will complete her range of motion and walking exercise with 70% effort (she will be able to return to 100% function after 60-70).
			How often:
			How Much:
			Completion of 1 of her 5 exercises

<https://dodd.ohio.gov/compliance/oisp/resources/outcomesvsprograms>

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Detailed Example:

Derek

See Handout

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Summary of Progress: *Share accomplishments and progress as they occur and show how success is to be celebrated*

Derek loves eating (a variety of foods seem to truly make him happy). He loves spending time with his nieces. He's getting older and his doctor says he needs to increase exercise. He seems to have enjoyed past activities walking, dancing, and swimming and has made progress with seeing that exercise can be fun. He generally seems happier when he is more physically active but doesn't have any current routine around it.

Outcome: *What does the person want to accomplish and why?*

Derek will exercise more so that he can enjoy a long life seeing his nieces as they grow up, including planning a fun movement-based event with his family.

Details to Know

He thrives on routine. He is usually able to see his nieces around holidays and birthdays.

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Experiences: <i>In order to accomplish the outcome, what experiences does the person need to have?</i>			
What needs to happen	How it should happen	Who is responsible	When/How often
Derek will participate in a fun physical activity with staff and/or housemates.	A weekly calendar that features "dance party," "neighborhood walk," or similar activities multiple times a week at the same time of day.	ICF staff	Around 4:00 PM, 2-7 days per week, for 2-6 months.
Derek will invite his nieces over to have a walk, dance party, or other physical activity	Staff should help Derek tell his brother & family his plan. Derek should do most of the talking, but will require some prompting to stay on topic.	ICF staff, Derek	Every 1-6 months.
Derek will help staff create a weekly calendar of physical activities	Once we have a sense of what sort of physical activities Derek is enjoying, we will work with him on building his own routine. The team will support the following of the routine he builds.	ICF staff, Derek	Expected for Q3 and Q4 of this plan year, once weekly

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Outcome/Experiences Review		
What will progress look like/How will we know it is happening?	Who	When to check in
Daily data on what activity he chooses.	DSPs	Q's quarterly review of data
Shift notes describing the planning of activities with family	ICF staff (Manager coordinates)	Q's quarterly review of data
Weekly data on completion of a weekly activity calendar	DSPs	Q's review of in Q3 and Q4
Important and Relevant History: Only include history that may impact the person's life, supports, and achievement of outcomes. Derek does not seem to enjoy basketball, football, or any team sport or athletic competition. (Sometimes he talks about gym class being a place for bullies.)		

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Activity

- Take one of the outcomes from previous section and break it into experiences, or work on one from your caseload.
- Must be able to point to something that is important **to** the person that isn't yet happening as much as they want.

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Services/Supports

- Capture things done on behalf of a person, or informal learning
- Can include ICF-specific things that are done by DSPs (such as encouraging to follow a personalized schedule)
- Should connect to assessed needs and be consistent with what was determined to be important
- "Scope of service" should give an idea of how to provide it for that person

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Variety of Examples of Services/Supports

Think about what the Discovery Assessment would have said to drive these . . .

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Service name	Scope of service/What support looks like	How often/How much?
Oral hygiene	Assistance with all elements of oral hygiene	Daily
O2 monitoring	ICF staff take Clara's oxygen level every four hours. If her level is at 92 or below, she should have two liters of oxygen administered via nasal cannula.	Other Every 4 hours
Food prep	Relies of staff for all elements of food preparation	Throughout the day
Showering	Able to step into shower independently; provide hands on-help with washing and rinsing. Prompt Reggie to wash his own genitals and rear end. (Record his success in daily documentation.)	Daily

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Lymphadema pumps	Prompt Jim to zip up his own lymphedema pumps. Follow after him to zip up all the way if he doesn't completely make it. (record his success in daily documentation)	Daily
Self-medication	Offer Jill her pill container, and give her ten seconds to open it independently. Do this silently; physically holding out the container is the only prompt she needs.	Twice daily
30 minute checks at night	When Jen is sleeping, staff should check on her every 30 minutes to see if she needs anything.	Daily

Note about Jen: since this "supervision" pattern is not connected to a specific risk, it is a service/support, but does **not** go into the risk section.

Also . . . Just "30 minute checks" without saying **why** isn't a good idea . . . something like "to see if she needs anything" or "for general support," etc. should be connected to it

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General supervision	For general support around the house, staff should keep an ear open to see if Antonio needs anything, and respond within a few minutes.	Daily
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Note: establishing in the assessment that someone tests as having "severe intellectual disability" with functional details that match would make sense for this sort of supervision.

(If this sort of supervision is in the plan, the details of assessment should match. If the assessment describes someone as independent in all things, having general supervision would not match the need described . . . either the assessment or plan is probably off)

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Final Topics:

- Risk Section
- Introduction Page as DSP training tool
- Applying to diverse populations
- Additional resources

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**Risk Section:
Some Brief Details**

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As provider, we document on:

- Risks
- Outcomes
- Services/Supports



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Risk Section

- Risk = "thing that could have an adverse outcome"
- Usually safety related, but not always
- Structure of Risk Section table requires clarity on **what** risks are connected to supervision needs; use the table in detail



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Risk Section (cont.)

- Everything should connect with risks identified in the Discovery Assessment phase
- The question of "does this risk go into the plan for this person?" is ultimately up to the team
- "What support must look like" describes the specific thing that ICF staff does to mitigate risk. Provides essential detail. (Supervision levels always need to be spelled out in detail.)



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Examples

Let's look at some examples, including

- Fall risk examples
- Choking risk examples
- Behavior support examples
- Medical risk examples



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What is the risk, what it looks like, where it occurs	What support must look like, why the person needs this support	Level
Fall risk at night: Mildred has fallen several times when getting out of bed to use the bathroom.	When prompting Mildred to use the bathroom at night, ask her to sit up in bed for a minute, then offer her your arm to walk between bed and the toilet.	Close/Const.
When eating: Kegan will sometimes eat so fast it becomes a choking risk. (He begins to "shovel" food with both hands)	Staff need to keep an eye on Kegan any time he is eating, and remind him to slow down if he starts to "shovel" food. He usually responds to a single reminder.	Visual
Sleep apnea (needs CPAP to breathe well when sleeping)	30 minute checks while sleeping to make sure Gary's CPAP is on properly.	Visual



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What is the risk, what it looks like, where it occurs	What support must look like, why the person needs this support	Level
Fall risk in the bathroom (using toilet): Due to unsteady gait, Jolene is at risk of falling any time she is in the bathroom by herself. Jolene forgets that she doesn't walk as well as she used to. She will flush the toilet and try to stand up right away.	When Jolene is sitting on the toilet, stand outside the door to give her privacy. You must be able to hear her in the bathroom. Ask Jolene if she is done every few minutes, and assist her in standing when she is done. If you hear the toilet flush, go in to assist her immediately.	Auditory



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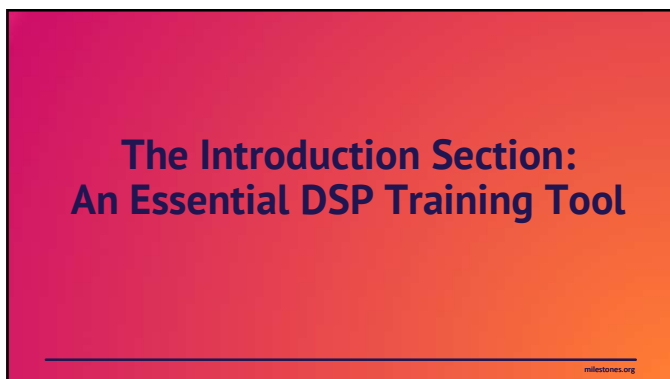
93

What is the risk, what it looks like, where it occurs	What support must look like, why the person needs this support	Level
Fall risk in the bathroom (when standing): Due to unsteady gait, Jolene is at risk of falling any time she is in the bathroom by herself.	Any time Jolene is showering, at the sink, or doing anything standing up in the bathroom, staff should be within arms length ready to assist her with balance. If you need to get something while Jolene is in the bathroom, you need to call into the hall to ask someone else to bring it; never leave her alone in the bathroom.	Close/ Const.

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What is the risk, what it looks like, where it occurs	What support must look like, why the person needs this support	Level
Risk of Self-Injury: Gloria may hit herself in the head if she gets frustrated. She usually makes a whining noise (sounds like a high pitched sigh) if she is getting frustrated.	Gloria may move around the house however she would like, but staff should always keep an ear on her to hear if she is starting to get upset. If she does get upset, help her solve the problem to avoid escalating to self-injury. (See services/supports for how to proactively prevent SIB.)	General

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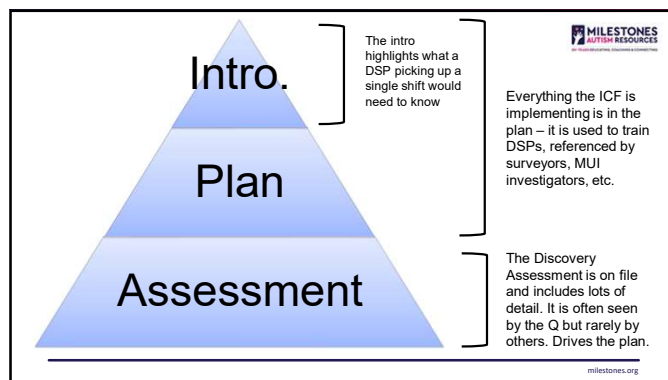
What to use as the plan when training DSPs?



- Use Introduction for Plan elements you want to highlight (what you would train a DSP on when they pick up an emergency shift).
 - Train DSPs on the full plan.
 - Discovery Assessment is available but not part of "The Plan" from a DSP perspective.
- ("Pyramid" model, with introduction at the top)

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Write for a DSP Audience in Intro.

- Picture a DSP picking up a single shift as target audience (though it is a general introduction for any reader, this is helpful for ICF purposes)
- Remember the "2-minute drill" exercise

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Attention Grabbing Words

- Focus on words to grab attention and deliver the most important information
- Get right to the point
- Don't let essential stuff (like proactive behavior supports) hide – make it easy for staff to see what will make a happy/healthy day

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No New Information

- Everything in the Introduction should also appear in the full Plan (Plan probably has some more detail)
- That means if you change the info in one place, also change it in the other
- Discovery Assessment, Introduction Page, and Plan are always aligned

101

“Like & Admire”

- OK to keep it short – are there things that one DSP who really “gets” the person would say here to tell another DSP why they like working with the person?
- A strong, positive, “real” start

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Important To/For

- Pull the most important things from the assessment summary section
- Remember the word is **important** – stay on the topic of what would really matter in a single day

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“How to Support”

- Fill with essentials from risk section, services/supports, experiences
- If your tech allows, use your own formatting to draw the eye to highlights (for example you can put part of a communication chart here)
- Make sure critical ADL info is covered either here or to/for (diet textures, bathroom assistance, mobility, etc)

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Remember . . .

- Discovery Assessment, Introduction Page, and Plan are always aligned

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Summarizing:

- **Introduction** designed to impact a DSP picking up a single shift
- All DSPs still need to be trained on the **Plan** before providing services (use Introduction as a tool to highlight essentials)
- **Discovery Assessment** should be robust & comprehensive, but is not intended as DSP training

What to do with the Communication Chart?

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Specific Approaches for Diverse Populations

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About the examples used so far



- Examples up to now have included people with complex behaviors, severe to profound ID, complex health issues, limited to no verbal language, including children, youth, and people of retirement age
- Let's apply some elements in detail . . .

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Intense or Complex Behaviors



- What needs to be addressed vs. what is **unusual** but not problematic
- Not sure? Think about:
 - Does it interfere with their quality of life, or the quality of life of the people around them?
 - If the person could stop doing that thing, or find an alternative way to meet that need, would they be happier, according to everything we know about them?

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Intense or Complex Behaviors (cont.)



- *What needs to be addressed vs. what is unusual but not problematic*
- Establish in Discovery Assessment as part of team prioritizing

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Intense or Complex Behaviors (cont.)



- Using behavior to infer a person's feelings, wants, and needs
- It's OK to talk about challenging behavior in a person-centered way. The point is to get to what would make a person thrive, not to ignore the challenges and make it all sound good.

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High Medical Needs



- Best practices bringing things to the person to create the world they love.
- Incorporate “important tos” with critical nursing elements.

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Severe to Profound Intellectual Disability



- Respectful guessing of important tos
- Appropriate wording to not speak on behalf of someone
- Incorporate the whole team: long time relationships, DSPs, family, clinicians – remembering the person themselves is an essential part of the team

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Retirement Age



- Be direct in Discovery Assessment and skip unneeded details once retirement has been established
- “Normalize” an older person wanting to retire/relax, but that doesn’t mean that life and learning are over

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Children & Youth



- Skip questions that don't apply
- Mention which services school provides (doesn't have to go into detail, but should be mentioned)
- "Age-appropriate curve" of parental voice in planning: It's appropriate to prioritize a parent's vision for a minor, in a way that we wouldn't for an adult. But scaffold toward independence through the teen years – don't just flip a switch when they are 18

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Remember as you apply today's material . . .



- DODD and ODH have confirmed that this curriculum is consistent with best practice
- There are other good practices you can use . . . This training represents a best practice, not the only best practice
- Of course, no training can guarantee "no citations"

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Additional Resources in Development



- Video version of this training (intended for future Q training)
- Job aid for ICF administrators
- Video for ICF administrators

Will be available from DODD late 2025


[Milestones.org/OhioISP](https://milestones.org/OhioISP) will be available through June at least.


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Thank you!

Please share feedback:





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