

PRESENCE IS NOT ENOUGH:

SUSTAINING GOOD LIVES
OVER THE LONG TERM

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And never forget:

*Stay A Lover Of Little Things, Above
All Else.*

*Prayers. Pearls. Compliments. Movie
Nights. Letters From Home...home.*

And Those Who Believed In You First.

...

FOCUS ON PRINCIPLES OVER POLICY



Core Principles

- Each person is unique and different
- Choose Community
- Focus on Relationship always
- Start with the Gifts and Contributions of the person
- Shared Decision-making
- Aim for an ordinary, good life – through Valued Social Roles and standards
- Lifelong Learning Growing – high expectations
- Gather with others to do the work

Principles in action mean...

- never 24 hour paid support
- all support is 1:1
- no support for segregated activities
- a Supporter only works for one family
- co-op member not paid to support
- always start with interest and contribution
- individual is involved in hiring

These principles...

- Guide along one path rather than another
THIS WAY
- Give direction in times of choice and dilemma THIS WAY IS
BETTER
- Tell us what to avoid
IF YOU WANT THIS KIND OF LIFE, THEN...
- Remind us that this matters because people are vulnerable
THIS MATTERS

KEEP EXPECTATIONS HIGH



High Expectations

- Avoid “good enough”
- Avoid “better than many others”
- Have a clear Vision early on
- Keep valued age peers in your community as your measuring stick

TAKE YOUR TIME



See things over longer periods of time

- Real life takes place over weeks, months and even years – rather than hours, days and weeks
 - ▣ Think in real time intervals – and not in service goals and objectives
- The building of genuine relationship often takes place over long periods of time
 - ▣ Many roles may be enjoyed before friendship
- Life defining roles unfold over a lifetime

CHANGE HAPPENS - CHRONICALLY



Life is ever-changing

- Be prepared to always start over
- Every start is from the beginning
 - ▣ This can be exhausting if unexpected
- Reasons are varied:
 - ▣ Related to the person
 - ▣ Related to the other people in his environment
 - ▣ Related to the environment
- Accept and embrace flow and change

FAMILIES SUPPORTING FAMILIES IS A
POWERFUL DYNAMIC



Family Group Support is a model to sustain a good life over time

- Safeguards are important
 - ▣ Families share common visions but do not live in each other's pockets
 - ▣ Individual lives are kept separate, unique
 - ▣ A range of ages is ideal
 - ▣ A long term succession plan is essential
- A shared coordinator is cost efficient, supportive of common principles, and a satisfying work role for the long term

HOME, ROLES AND RELATIONSHIPS
ARE ESSENTIAL - ALWAYS



These things are always important

- Home
- Roles (with contribution)
- Relationships

- All of these need attention all of the time

HOME



Home is made every single day

- The work of making home begins again every single day
 - ▣ In small ways
- This is the place where the person gets to be the “king of their castle”
- Not CHOICES, but GOVERNING and DIRECTION
 - ▣ The rhythms of the day
 - ▣ The social atmosphere of the home
 - ▣ Who comes and goes
 - ▣ Objects chosen and sent away

A RELENTLESS FOCUS ON RELATIONSHIP

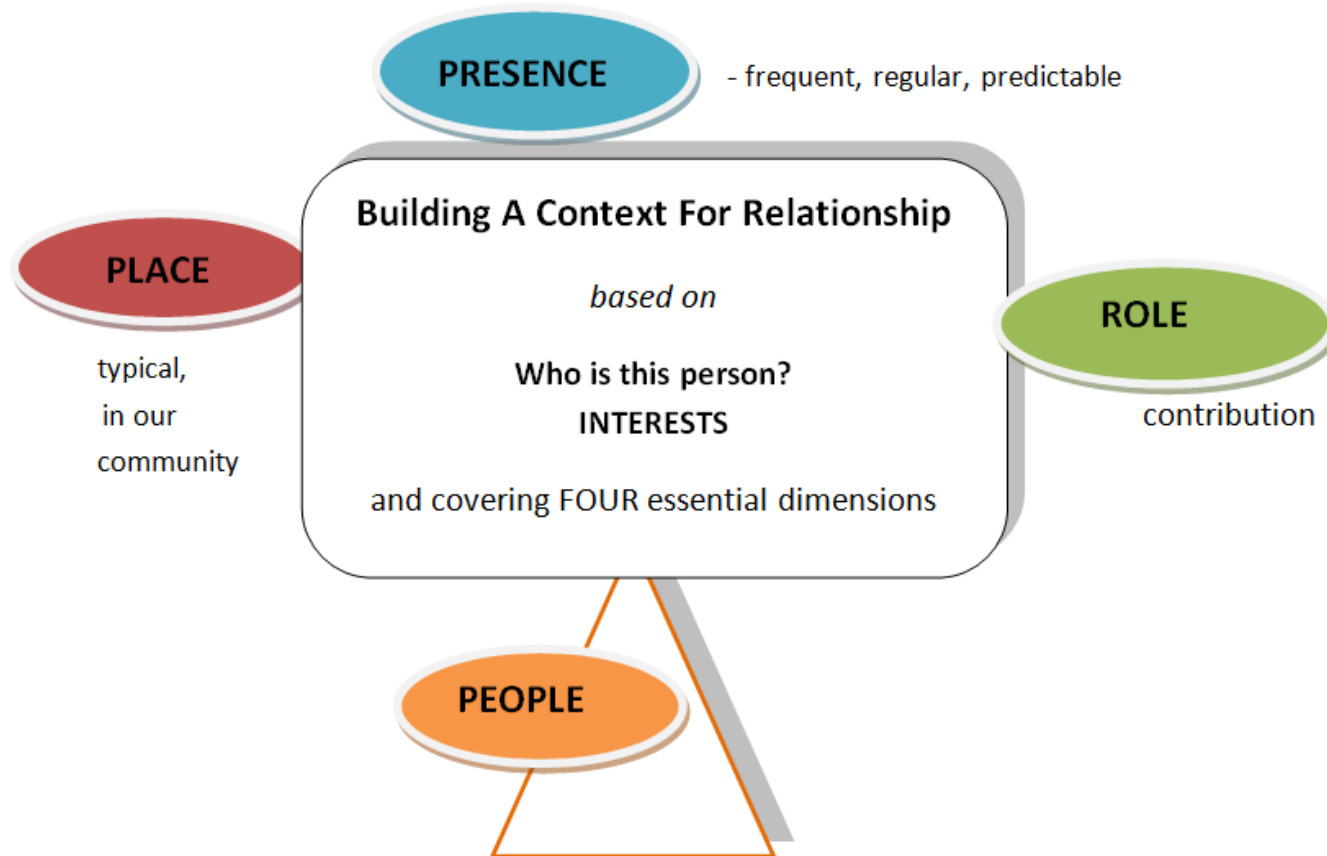


A focus on relationship brings about:

- Identity (Roles)
- Purpose (Roles, Contribution)
- Focus on use of paid supports
- Places of Belonging

- Brings richness and focus
- Affords an essential safeguard

Building a Context for Relationship (BCR)



You cannot create RELATIONSHIP...

**...but you can recognize,
encourage, and design
opportunities in which the
miracle of friendship is
more likely to occur.**

A CONTEXT FOR RELATIONSHIP

- ❑ **discovering community spaces**
- ❑ **ensuring presence**
- ❑ **designing and supporting valued roles**
- ❑ **connecting with other people**

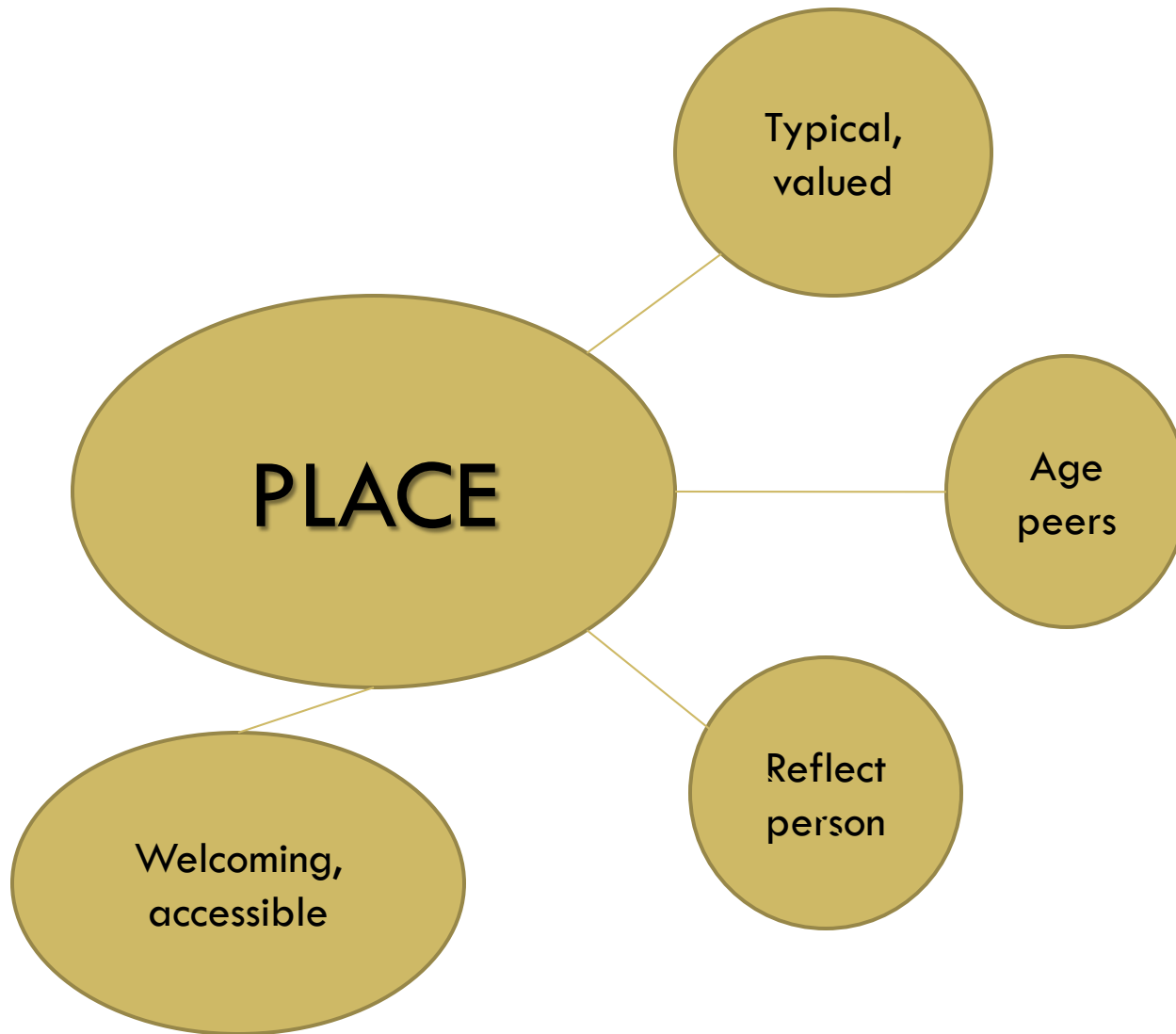
Interests/Passions
Skills

Likes/
Dislikes

Personality

**WHO IS
THIS PERSON?**





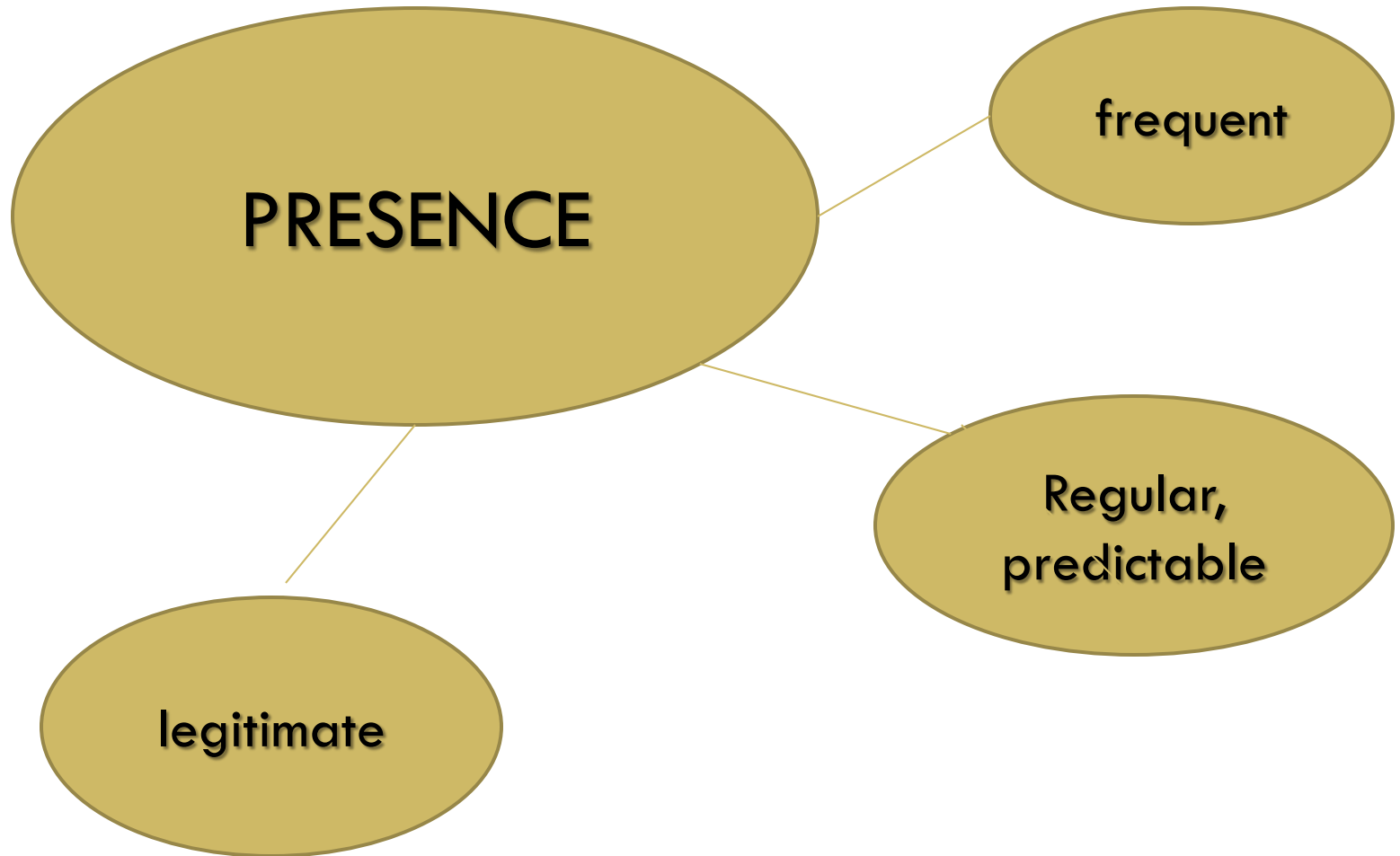
So,
spending time apart
in special classes
day programmes
segregated recreation
group homes
do not count if your goal is
valued, freely-given
RELATIONSHIP



If people are not present...

- * frequently
- * predictably
- * legitimately

Then **NOTHING** will happen
(except by chance)



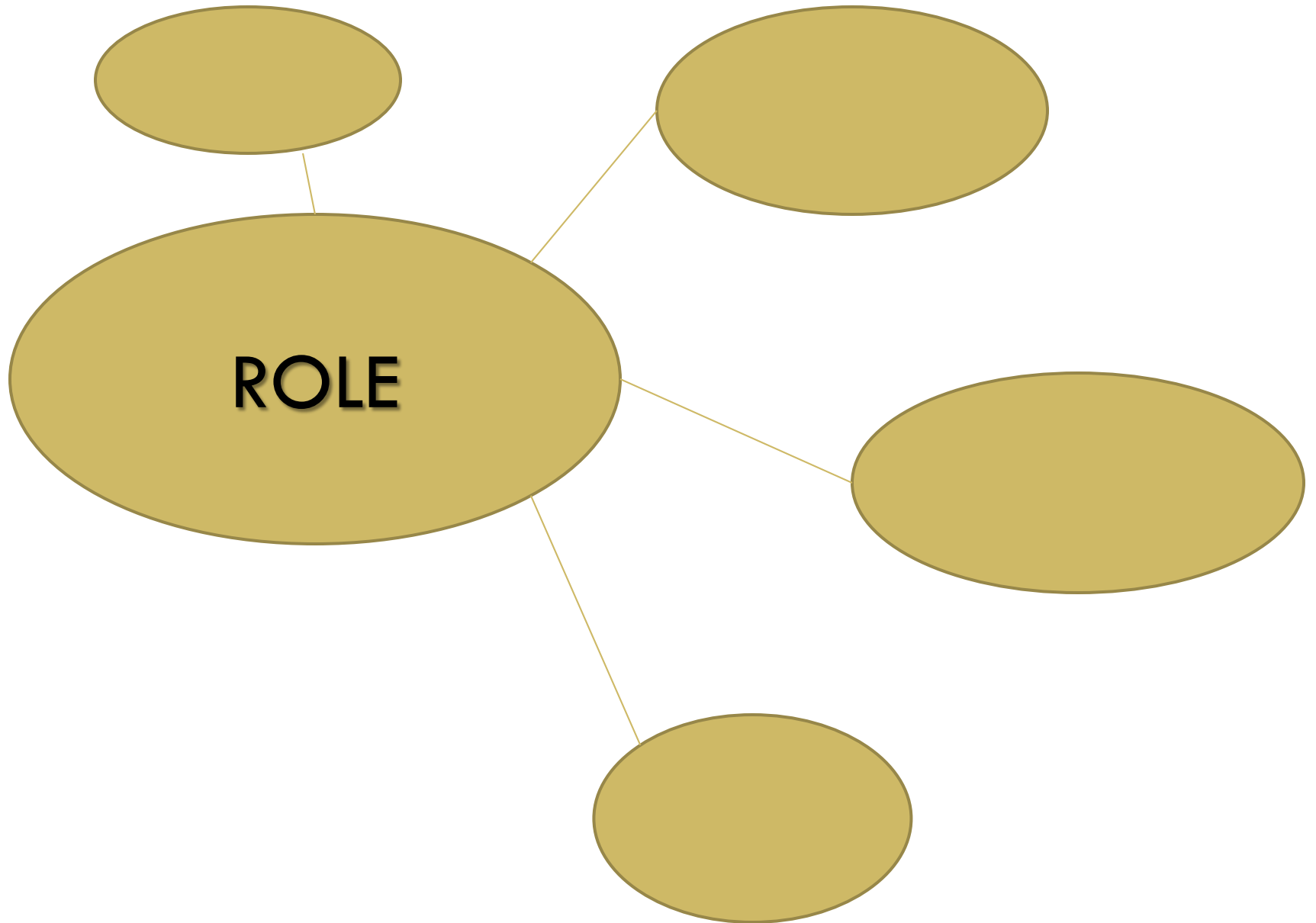
So...



spontaneous one-offs,
irregular attendance,
constant variety

do not count if your goal is

RELATIONSHIP



Roles versus Activities

She likes...

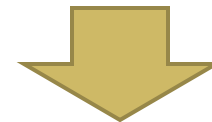
- Gardening
- Walking
- Reading
- Going to church



ACTIVITY

She is a...

- Vegetable gardener
- Walking club member
- Book club member
- Altar guild member



ROLE

Activities related to this role

- **joining a local community garden**
- **working in own garden**
- **buying gardening supplies**
- **visiting a flower exhibit**
- **entering a local garden show**
- **joining a gardening club**
- **volunteering to garden at co-op**
- **subscribe to gardening magazine**
- **send away for stuff (seeds, tools)**
- **design garden on computer**
- **exchange plant cuttings or produce with others**
- **donate flowers or produce**
- **plant a balcony garden**
- **experiment with an indoor herb garden**
- **ask others about their gardens**
- **can your own produce, make salsa, bake a pie**
- **visit and support a rooftop garden**
- **help a neighbour in the garden**
- **plant heritage seeds**

Tiffany paints

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Painting lesson					

c 2004, 2009, 2011, 2013

Janet Klees

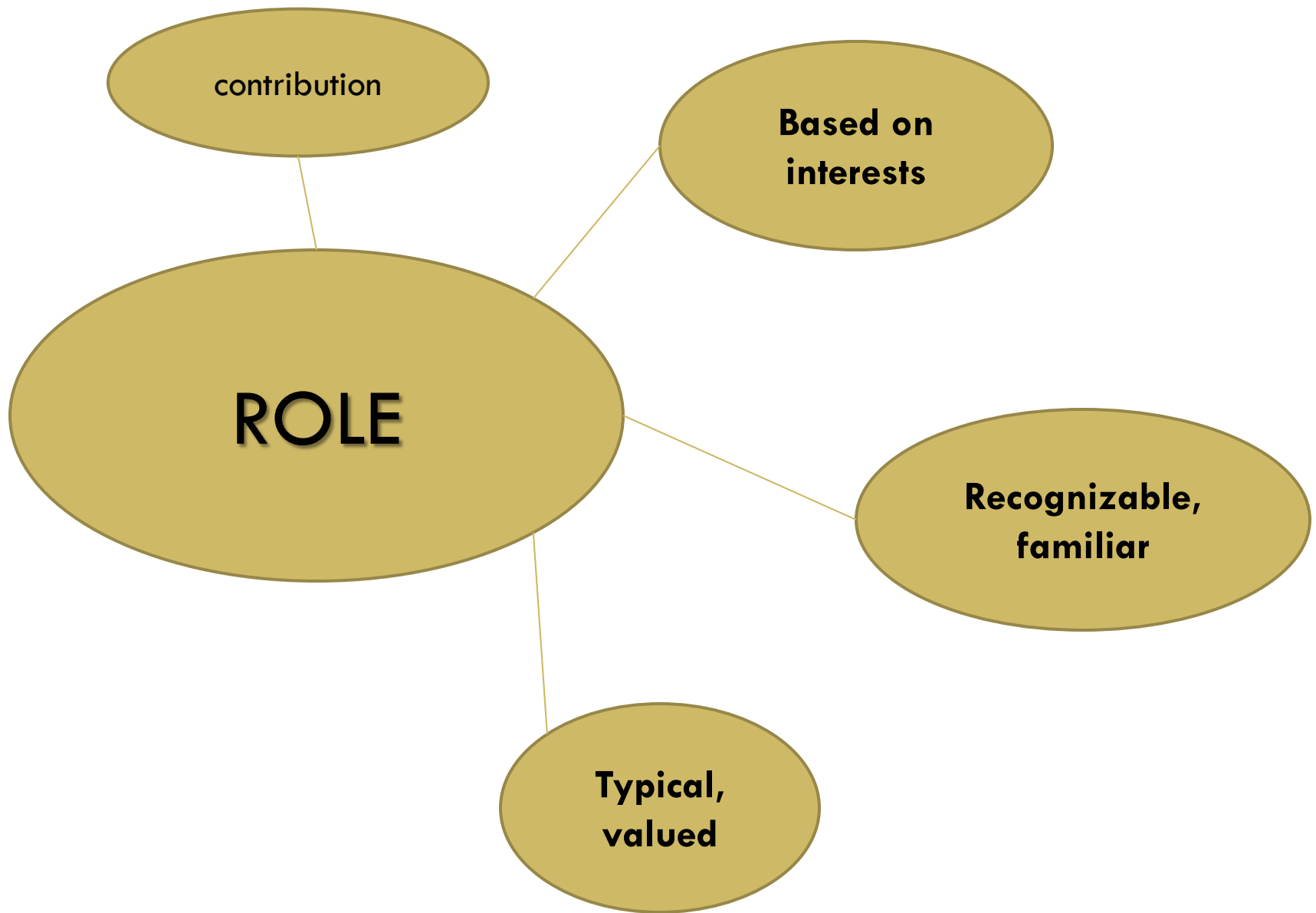
janet@leacacies.ca

Tiffany is an artist

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Check on sales at shop	Buy art supplies	New shop to sell art?	Choose frames for art	Art studio	Reading art guild newsletter	
				Art studio	Show new art to friend at lunch	
Local painting exhibit	Painting at home			Plan new art shows		
		Art Guild mtg	Sign new art			



**At the heart
of
ROLE
is
CONTRIBUTION**

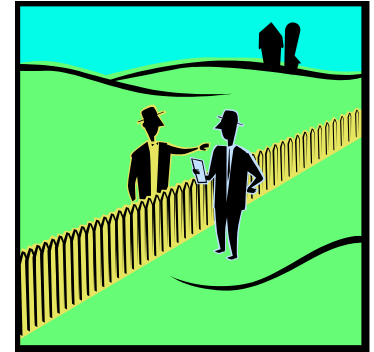


Big “little” Roles

Family



Neighbour



Friend



c 2004, 20

ig



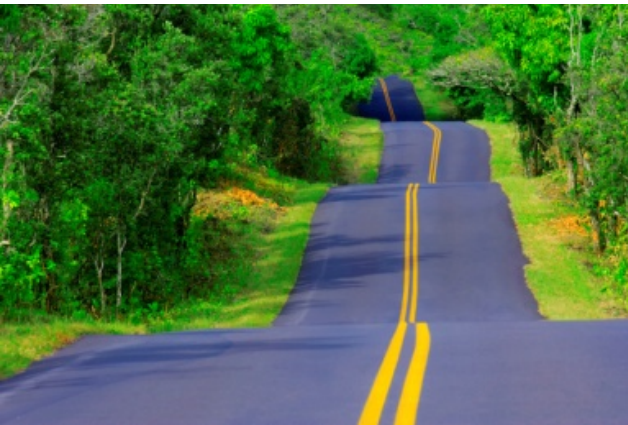
So...

movies,

mall walking,

going for long drives,

relaxing alone at home



do not count
if your goal is



RELATIONSHIP

If things are not working out...

...then,

**one of the four pillars
of the
context for relationship**

**is not in place
in a minimally optimal way**



Role Tips

- Pick one familiar role
- Pick one family role
- Pick a role based on Interests
- Layer Roles over time
- At the heart of role is Contribution
- Presence is not enough – avoid observer status

Relationship Tips

- Stop counting whose turn
- Make reciprocal easy
- Ask for small things
- Ensure that the support person is the BRIDGE to relationships and not the friend or relationship itself
- Be creative in solving the “loneliness” question

To sustain good lives over the long term

- Principles
- Vision
- High Expectations
- Take Time
- Change Happens continually
- Families Supporting Families
- Focus on Home
- Focus on Relationships
- Celebrate everything
- See the small things