

Well-being Facilitation Plan Part 1

The purpose of this tool is to provide the support team with an efficient way to facilitate the development of a comprehensive wellness plan with the person supported to apply what is learned in each section of the book that follows. It is a template to follow.

As each section of the hierarchy of needs is presented, the supporter can refer back to this tool to capture and expand on important and relevant CCS best practices.

Person supported: _____ **Plan Development Date:** _____

Well-being facilitation plan team:

Community professionals:

Description of person when calm, happy and cooperative: _____

Diagnosis, if applicable: _____

PRN Medications, if applicable: _____

Process:

1. Holding in mind the hierarchy of needs outlined throughout the Conscious Care and Support process, first complete the “action required” in PART A by identifying the best possible options to explore and address needs. “Action required” will include direct influences as a supporter and skilled advocate with community professionals.
2. Monitor and record each day’s progress (reference PART A – 2).
3. Track progress using PART A – 3.

WELL-BEING FACILITATION PLAN

PART A – THE SERVICE-NEEDS ASSESSMENT AND ACTION REQUIRED

<i>Needs Area # 1</i>	<i>Who</i>	<i>Date</i>
Awareness-based calming and de-escalation support and interventions offered by mindful, emotionally self-regulated and kind supporters:		<i>Initiated</i>
Continue:		
Stop:		
Start:		

PART A continued

Needs Area # 2 Gastrointestinal (GI): bowel, digestive and immune systems' treatment, nutrition, pain management, dental and myofunctional disorders, illness prevention and treatment:	Who	Date Initiated
Continue:		
Stop:		
Start:		
Needs Area # 3 Emotional Wellness: mental and neurological health and disorders' treatment, trauma desensitization and triggers' elimination, psychological well-being, medication side effects, ABA behavioural interventions:	Who	Date Initiated
Continue:		
Stop:		
Start:		

PART A continued

Needs Area # 4 Brain Development, coherence balancing and inflammation regulation:	Who	Date Initiated
Continue:		
Stop:		
Start:		
Needs Area # 5 Human energy system – building, balancing and protection from wireless radiation and electromagnetic fields (EMF):	Who	Date Initiated
Continue:		
Stop:		
Start:		

PART A continued

Needs Area # 6 Sensory integration and processing:	Who	Date Initiated
Continue:		
Stop:		
Start:		
Needs Area # 7 Environmental – supporter’s accommodations, behaviour (ABA learning), social interactions and contributing to others’ well-being:	Who	Date Initiated
Continue:		
Stop:		
Start:		

PART A – 2

BIOMEDICAL INPUT INDICATORS FOR WELL-BEING

Name of the person supported _____ Week of _____

1 - no/low implementation 2 3 – partial 4 5 - near complete implementation

<i>Input Indicators</i>	<i>Criteria for Compliance</i>	<i>Days of the Week</i>						
		<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>	<i>S</i>
Gastrointestinal (GI), Bowel and Digestion:	e.g. organic acid test pre- and post- biomarkers							
• control of toxins (excess)								
• treatments, supplements								
• proper nutrition								
Physical Development:	Recommendations provided by							
• cardio (cortisol regulation)	Primary care physicians							
• core and strength								
• balancing								
Bilateral/Biomeridian ABC:	10 minutes each per day							
• butterfly hug								
• arms/breath co-ordination								
• hand stimulation								
Neurodevelopment:	10 minutes each per day							
• neurofeedback								
• mindful movement								
• rebounding								
Sensory Diet:	Prescribed by a qualified O.T.							
• hyper-sensory needs								
• hypo-sensory needs								
Human Energy:	Restoration and protection							
• EMF regulation	– filter AC outlets							
• RWF e.g. Wi-Fi regulation	– minimum use of RWF							
• sleep hygiene	– as recommended by a Sleep Professional							
Emotional Wellness:	Ongoing							
• meds, trauma, behaviour	– per well-being plan							
Environmental:	Ongoing							
• ABA learning, communication	– per well-being plan							

PART A-3: CCS INDICATORS OF SUPPORT PLAN SUCCESSFUL OUTCOMES

To facilitate case conferencing and coordination with other inter-agency and intra-agency support team members, make observations and notes and average the rating scale at the end of a month to summarize indicators of planned success or needs for modifications.

Person Supported: _____

Month of: _____

Ratings of Person Supported Outcomes		
Ratings: 1- seldom 2- occasionally 3- often 4- usually 5- near always		Comments
1. Calmness		
2. Focus		
3. Learning		
4. Cooperation		
5. Socialization		
6. Emotional self-regulation		
7. Adaptive behaviour		
8. Constructively managing stress		
9. Positive response to de-escalation (less need for intrusive measures)		
10. Helping others		
11. Gratitude		
12. Initiative		
13. Positive participation in home maintenance activities		
14. Art, music and recreational fulfillment		
15. Other		

Getting Started

Let's say for now, you don't feel that you have the time, need or motivation to learn how to and why to more completely implement all seven service needs with the person supported. You are, however, highly motivated to get started implementing some vitally important basic CCS Services.

The following summary will get you started picking the "low-hanging (but very nutritious) fruit." The illustration on the next page describes the four main areas to be explored to help the person supported, namely:

- Biomedical,
- Traditional medical,
- Environmental,
- Behavioural.

The process starts with recognizing the co-occurring conditions that if unmet can lead to agitation, anger and aggression, recognizing the four components of the CCS system of unmet needs, whom to contact to have an assessment completed, what will be assessed and how to treat and intervene competently and compassionately.

The illustration on page 51 lists some specific 'to dos' or what we call low-hanging fruit that you can pick. This is followed by the most critical insights and skills necessary to successfully advocate for the person supported with community professionals.

Enjoy your time in the orchard; it is a good place to get started.

COMMITMENT

Until one is committed, there is hesitancy, the chance to draw back, always ineffective. Concerning all acts of initiative, there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then "hidden hands" help with the "heavy lifting." All sorts of things occur to help one that would never otherwise occur. A whole stream of events comes from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance which no one could have dreamt would have come this way.

*Whatever you can do, or dream you can, begin it.
Getting started has genius, power and magic in it.*

W.H. Murray

“Where to Turn” - to Get Started

