

Personal Care Attendant (PCA) Fundamentals Training

Independent Living

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Module 01: Independent Living

Goals

Enable candidate PCAs to explain what the PCA program is and why it is so important to consumers.

At the end of this training, candidate PCAs should be able to:



Explain the history of the PCA program



Describe the philosophy of Independent Living



Explain how the PCA program is consumer controlled

Overview of the development of the Massachusetts MassHealth PCA Program

Video: Massachusetts's PCA Program

What do you remember most about the video?

Video: Massachusetts's PCA Program

What feelings did the video bring up for you?

Video: Massachusetts's PCA Program

Why is this information important when thinking about people with disabilities and independent living?

The Philosophy of Independent Living - 1

- Individuals with the disabilities are the best judge of what lifestyle is best for them.
- Individuals with the disabilities to make decisions regarding their own life
 - Where to live
 - What to wear,
 - What to eat
 - Where to go and how to get there

The Philosophy of Independent Living - 2

- Individuals with disabilities are capable of directing their own lives.
- Facilities and programs that support this philosophy try:
 - To support individuals with disabilities efforts to move out of institutions and custodial care
 - And into a free and independent life where they can make their own decisions regarding their own lives.

Supportive Facilities and Programs

- Assisting individuals with disabilities to achieve their own personal independence
- Believe individuals with disabilities can direct their own lives
- Support individuals with disabilities in achieving an independent life
- Support improvements to make the community accessible to ensure individuals with disabilities have full and equal access to the community

The Philosophy of Independent Living

Why is it important for PCAs to assist consumers to live a free and independent life where they can make their own decisions regarding their own lives?

Individuals with Disabilities are Consumers and Employers

- Individuals with disabilities are consumers because they pay PCAs for home and personal care services
- You are a consumer if you pay someone to cut your hair
- Consumers are employers because they are registered with Massachusetts as employers
- If you are receiving pay for providing PCA services you are an employee and the consumer is your boss

The first principle of Independent living is:

CONSUMER CONTROL

What does this mean?

Carlos, your employer, asks you to redo a job that you thought was done well.

Who is right? How do you handle this?

The second principle of Independent living is:

CONSUMER CHOICE

What does this mean?

Consumer Choice

It's cold outside and you are driving the consumer to the grocery store. You think it is too cold for the jacket the consumer chose to wear.

Who is right? How do you handle this?

Deinstitutionalism

The third principle of Independent living is:

DEINSTITUTIONALISM

De-institution-alism

What does this mean?

Deinstitutionalism

Joan is upset. Her brother is 22 years old lives in an institution but wants to live in a group home his best friend just moved into. Her parents say no, he will not be able to care for himself.

How would you council Joan?

The fourth principle of Independent living is:

CROSS-DISABILITY

What does this mean?

Cross-Disability

Bobby's friend, Dima, was turned down for housing because the bathroom would need improvements to accommodate his many disabilities. Bobby thinks this is not the real reason. Dima has Fragile X Syndrome which caused him to flap his hands during the tour of the apartment.

Bobby knows the law and understands this is not a lawful reason to be turned down for an apartment. Bobby, who has cerebral palsy, is helping his friend document this incident.

Could Bobby benefit from helping his friend?

The fifth principle of Independent living is:

RIGHT TO FAIL

What does this mean?

You are working for a consumer. You've washed and dried the consumer clothes and now the consumer wants to put them away. He is putting them in the wrong drawers and sometimes in the wrong room.

How do you handle this?

The Exercise of Power

The sixth principle of Independent living is:

EXERCISE of POWER

What does this mean?

The Exercise of Power

Yvette is confused about why her daughter is attending a rally for access rights of individuals with Cerebral Palsy. Her daughter has Downes Syndrome. Her mother is afraid she will feel like an outsider at the rally.

How would you council her?