

Effective Positive Behavioral Supports: A Life Study Approach Protocol

A Life Study is a consultation/training session, under the direction of Tom Pomeranz, in which members of an individual's support planning team collectively participate in addressing the barriers and obstacles faced by the individual in realizing a quality life.

The following are specific guidelines for the Life Study:

Who Should Attend*: The Life Study is for clinical, managerial, supervisory and direct support professionals who have a responsibility to develop a Positive Behavioral Support plan for the person identified. Other staff may attend as observers to the process.

Where Should the Session Be Held: A boardroom type setting is preferred. This allows all attendees to participate equally.

How Long Does a Life Study Take: Depending on the complexity of the challenge, approximately three to four hours should be allowed. If the agency desires a full day's training utilizing a Life Study approach, at least two individuals should be identified.

How Many Staff Should Be In Attendance: In that active participation by all attendees is expected, the session should be limited to 8-10 staff. It is important that all staff in attendance have extensive knowledge of and about the individual who is the subject of the Life Study.

May the Session Be Recorded: Yes (for internal training purposes).

What Materials and Supplies are Required: The individual(s) complete clinical/program record should be available at the session (e.g. all assessments, reviews of incident reports, anecdotal records, progress notes, etc.). All participants will need name tags, paper and pen. A flip chart (preferably unlined paper) an easel and two large black felt tip markers are also needed.

How is the Focus Individual Selected: It is suggested that an individual(s) whose quality of life is most compromised by their behavioral challenges is selected.

What If the Life Study is Conducted Off-Site Via Telephone: The speakerphone should be tested in advance with regard to placement in order for everyone to be easily heard.

**This session is not a formal "team meeting" but rather a clinical problem solving session, thus the presence of the focus individual or their family is not advisable. Participants must feel free to debate, dialogue and be receptive to constructive input.*

