

Safeguarding Training

Training Session for IPSCs

Agenda

What are our goals for today?

- Today, we are going to discuss the key aspects of safeguarding as part of individualized planning within the the context of the LAC and IPSC roles.

What is our agenda?

Topic	Timing
Introduction <ul style="list-style-type: none">• Overview and Purpose of Safeguarding as part of individualized planning• Why is it important to incorporate safeguard measures as part of individualized planning?• Roles and Responsibilities of LAC and IPSCs in the context of safeguard planning	30 minutes
Scenario #1 Discussion and Debrief	40 minutes
Scenario #2 Discussion and Debrief	40 minutes
Closing	10 minutes

How does this connect back with the Remedy?

- The Remedy underscores the need for enhanced safeguards for individuals who may be at risk of crises, with a focus on proactive planning to ensure effective prevention and coordinated community response.

Introduction

Introduction | Overview and Purpose of Safeguarding within an Individualized Plan

Having a positive, well-articulated vision and plan for an individual with a disability is a critical step in having a good life. Part of this process is identifying, formulating and supporting an individual's needs, preferences and goals. This process also includes incorporating safeguards into individualized planning to ensure that individuals and their personal networks can plan and support against harm and crisis.



Safeguards are precautions and safety measures that are put in place to protect a person from exploitation, harm and against foreseeable unintended events.



By including safeguards within individualized planning, the complexity within an individual's support environment can be reduced and there can be assurance that the necessary resources and supports within their community have been identified and engaged.



Safeguards should build upon an individual's strengths and that of their personal network and should increase their capacity and resiliency to make choices, live a life that reflects their preferences and overcome immediate and significant barriers when they arise.

Introduction | Why is it important to incorporate safeguard measures in an individualized plan?

For many people, not just those living with disability, there can be instances in life in which we experience difficulties, crisis, and emergencies. Here are a few examples of scenarios where safeguarding would play an important role:

- An unexpected event occurs in the person's life, such as the loss of a family member or friend.
- The person experiences a health-related emergency related to a chronic health condition.
- The person transitions from living with their family to an independent living arrangement.
- There is a weather event that leads to a power outage in the person's home.

Situations like these can exacerbate vulnerabilities for a person with disabilities and it is important to incorporate safeguarding measures into individual planning to ensure that people receive the right kind of help at the right time, preventing situations from reaching crisis points.

Safeguard planning focuses on addressing a person's unique vulnerabilities and can include very practical strategies as well as less tangible elements like the establishment and maintenance of relationships¹. Safeguard planning ensures that you understand the personalized strategies and resources that promote the individual's safety, independence, and well-being, while respecting their rights to make decisions about their own lives.

Introduction | Safeguard Planning

A crucial component to proactively addressing and mitigating potential crises is the presence of a pre-established, well-documented, and readily accessible support plan. Support plans will include a section for a detailed safeguard measures that not only prepares individuals to protect against harm and prevent potential crises but also empowers them to navigate challenges with confidence. By identifying an individual's unique strengths, risks, opportunities and skills/coping strategies, we can develop tailored approaches that respect individuality, uphold human rights, and foster a sense of safety.

When working with an individual to develop safeguards, you will want to:

- Ask the right questions to understand what a good life in the community means to the person and work with the person to identify what barriers might need to be safeguarded against.
- Know the person well enough to recognize their early indicators and signals of stress and distress. This will help you and others to act in a timely way and connect the individual to needed supports.
- Identify and understand the individual's strengths, how they cope with challenging situations and what supports have they used successfully in the past. This can help build good safeguards and will contribute to preventing future crises.

Support Plan

Safeguard Planning

These pages help you to think about what you and others can do to put plans in place to prevent and respond urgent or unexpected situations, ensuring safety and preparedness.

1

Urgent Situation: This involves identifying predictable situations where an urgent response might be needed.

2

What This Looks Like For Me: This involves describing what this urgent situation looks like. Some things to think about are:

- What could be a cause of an urgent situation?
- How do you feel when this is happening?
- What are the signs this is about to happen?

3

What Needs To Happen: This involves outlining the steps that need to happen to ensure your safety. Some things to think about are:

- What is helping in a situation like this?
- Where do you need to be?
- Who needs to be around?

4

What I Need To Do: These are the steps you can take on your own and what you are responsible for when this situation happens. Some things to think about are:

- What are some steps I can take on my own?
- What needs to happen for me to take these steps?

5

What Supports I Need & Their Role: These are supports that will help you during this situation and their responsibilities, if that is applicable. Some things to think about are:

- What type of supports do I need?
- Where can I get those supports?
- How can those supports help me?
- What are the responsibilities of those supports?

Introduction | Key responsibilities for LACs and IPSCs

LACs and IPSCs will be supporting individuals who may have experienced crises in the past. It's essential to help them plan for future situations by understanding their unique strengths, risks, opportunities and skills/coping strategies. By working together, you can develop proactive strategies that address potential risks and foster independence and resiliency thereby enabling the individual to live their best life.



LACs and IPSC do...

- ✓ Recognize that individuals have a right to be active participants in decision-making about their lives, even when they are experiencing difficulties or crisis.
- ✓ Build relationships with individuals and learn about their vision for a good life in community.
- ✓ Foster and support freely given relationships.
- ✓ Identify safeguard measures with the individual that includes the supports and strategies they can use to problem solve and overcome challenges/crisis.
- ✓ Support individuals to connect to the resources, tools, and strategies that they have available and identified as helpful..
- ✓ Work closely with individuals and their circle of supports to update safeguarding strategies and plans as needed.
- ✓ Utilize funding to support safeguard activities as appropriate (i.e. rapid access funds, special needs funds.
- ✓ Regularly review with the individual the safeguard measures and support changes to support increased independence.



LACs and IPSCs do not...

- X Carry out formal assessments or replace the need for specialized services or funding supports.
- X Act as a decision maker
- X Judge or 'monitor' participants
- X 'Rescue' participants
- X 'Take over' or 'do for' participants
- X Solve participant's problems for them
- X Duplicate services that already exist in the broader system (e.g., health, community programs, etc.)

Introduction | Activity

Instructions for Activity

You will review two scenarios, presented as follows:

- **Scenario #1 – Samira**
- **Scenario #2 – James**



Activity Breakdown

1. **Group Discussion (20 minutes):**

You will be divided into small groups. Each group will spend 20 minutes reading and discussing one scenario.

2. **Use the "Safeguard Planning" Document:**

This document will serve as a guide for your discussion with the participant. You can refer to it for suggestions on how you might structure and facilitate these conversations.

3. **Complete the "Planning for Safety and Security" Document:**

Using the scenario details and your own experience, please begin to complete the "Planning for Safety and Security" document as thoroughly as possible with the information provided. You are encouraged to add any additional details or context to your scenario that may be necessary to develop a comprehensive plan.

4. **Large Group Discussion (20 minutes):**

Once your group has completed the document, we'll reconvene as a large group to share insights and discuss your findings.

After Scenario #1, the same process will be followed for Scenario #2.

Scenario #1

Samira

Supported by an IPSC



Scenario

Samira (she/her), 29, lives in an apartment with a close friend who is also a DSP participant. Samira has a long history of complex mental health and addictions issues as well as ADHD and Autism Spectrum Disorder. She also has a history of assault and has had frequent involvement with police as a result. She has confided in you that she is currently using illegal drugs both at home and outside the home. Samira also very recently had a mental health breakdown that has led to her becoming violent towards her boyfriend, Nav and the support staff who were present. Compounding the issue, Samira's boyfriend often stays overnight at the apartment, and he is often hostile and aggressive toward Samira, Nav and support staff. Nav and the support staff are worried about Samira's safety and their own safety.

Samira and Nav's support staff reach out to you and tell you that they are worried about both Nav and Samira's safety as well as their own safety. The service provider does not want to continue to provide support given the circumstances and are considering terminating services for Samira. They say it's not safe for their staff and they don't have the skills or resources to help Samira.

Samira does have a safeguarding plan in place and has in the past been connected to an escalating, Behaviour Analyst and a Psychologist through the local Mental Health and Addictions Service office. Unfortunately, they closed Samira's file due to too many missed appointments. The situation is escalating, and supports are needed quickly.

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Planning for Safety and Security

My vision for a good life looks like....

Urgent Situation	What This Looks Like For Me	What Needs to Happen	What I Need To Do	What Supports I Need & Their Role

Scenario #2

James

Supported by an IPSC



Scenario

James was connected to DSP through his landlord. When you met with James, he was struggling to maintain his apartment and budget his money. While his landlord liked James very much and he is quiet. He is a good handy man, he was on the verge of being evicted due to this behaviour and altercations with his neighbours. You learn from James that he has no immediate family and has struggled with mental health and addictions issues for many years. His drinking and loneliness often cause him to neglect himself and he will go days without eating.

James was once found collapsed on the street where a passerby found him and called an ambulance. He was admitted to the hospital as a result of this situation. You also learn from James he has a number of chronic health conditions (including diabetes) which becomes worse due to his drinking and self-neglect. There have been frequent calls to the police from his landlord and neighbours and frequent trips to the hospital which often don't result in admission. James does not have a family doctor.

(adapted from E. Bartnik and R. Broad. (2021). *Power and Connection: The International Development of Local Area Coordination* (pp. 59-60). Centre for Welfare Reform.)

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Planning for Safety and Security

My vision for a good life looks like....

Urgent Situation	What This Looks Like For Me	What Needs to Happen	What I Need To Do	What Supports I Need & Their Role

Closing

Closing | Reflection & Discussion

Before we go to the next section, **reflect and discuss** :

- What were your 3 key takeaways from this session?
- Can you identify any assumptions you had that were challenged during the session today?
- Are there any key questions that you have that we did not talk about/answer?

