

Creating Excellence Together

The **Creating Excellence Together** (CET) Standards were developed to measure expectations for Alberta service providers that support individuals within the field of community disability services.

Standards 5/17 Personal Control

Personal control means that individuals feel they are in charge of their lives and are as independent as they want to be and are able to be given their personal circumstances.

These standards focus on

- enabling individuals to enjoy as much personal control as possible in every area of their lives (e.g., positive behaviour management, transportation, finances)
- assessing the individuals' satisfaction with their level of independence in various areas of their lives
- ensuring that supports are tailored to the individuals' specific needs, abilities and wishes

Individuals who do things for themselves and are supported to have as much personal control as possible are more likely to

- feel emotionally healthy and resilient
- develop independence
- learn how to effectively deal with problems
- have productive and fulfilling lives

They will also have a better understanding of their **assistive technology** (AT) and **environmental interventions** (EI).

Person-centred planning refers to **approaches** that help individuals plan their lives and obtain the supports needed to meet identified goals. A life-planning model assists them to increase their personal self-determination and improve their independence.

While enabling individuals to have personal control is necessary, there may be times service providers need to intervene to help individuals overcome excesses (e.g., smoking, eating, drinking alcohol, caffeine consumption, spending).

Transition planning means preparing for each stage of aging before a life event occurs. Transitions may include

- changing programs or services within a service provider
- accessing services from a new service provider
- preparing for other life altering changes

The stages of transition planning for aging individuals can be different for each one. The common element is to give individuals time to consider their options and tell you what they have decided.

