

The Quality of Life Supports Model: Components and Applications

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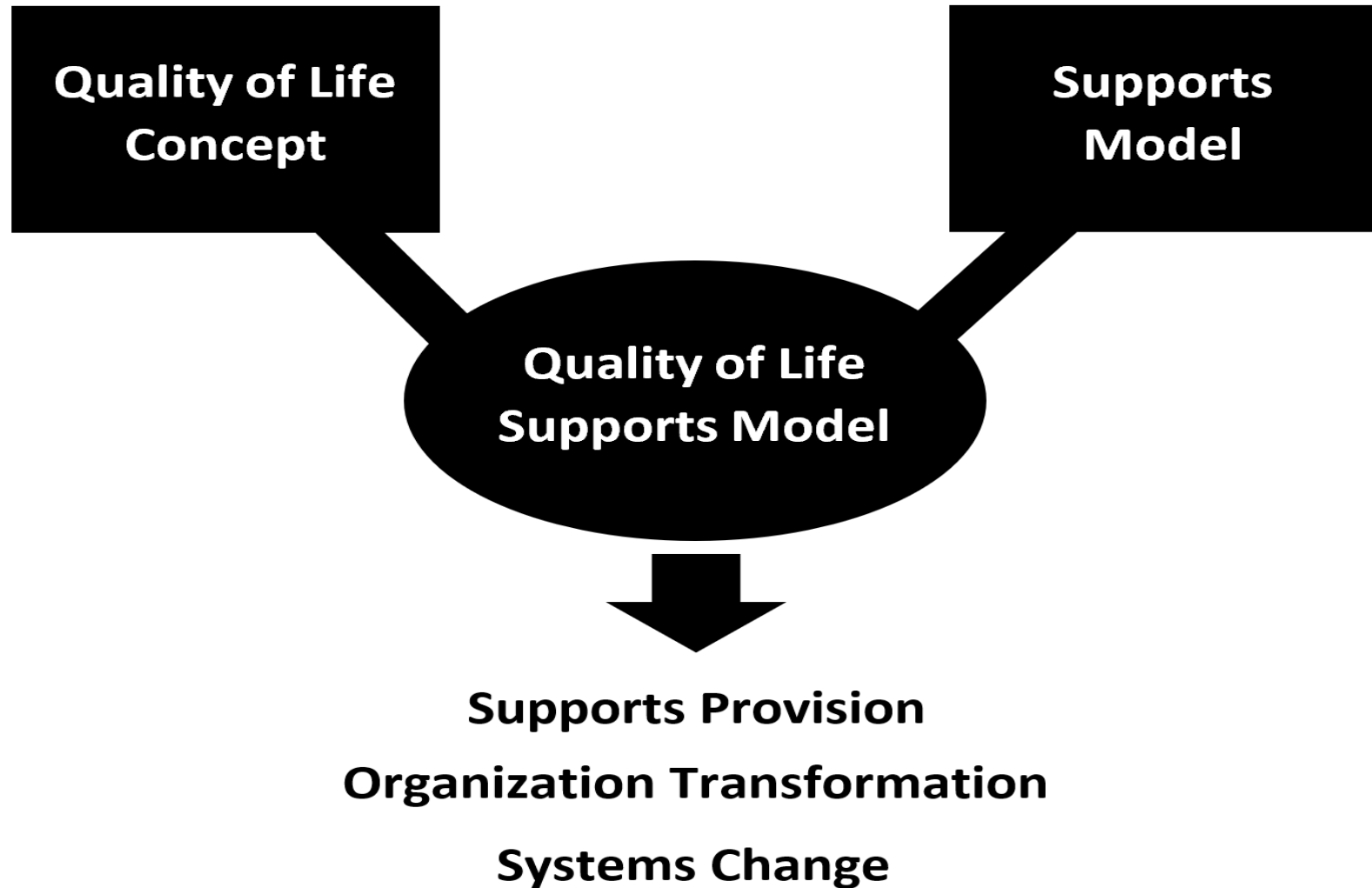


Figure 1. Origin and Use of the Quality of Life Supports Model

Quality of Life Concept

Premise: Quality of Life (QOL) is multidimensional (“QOL Domains”)

Focus: QOL principles and facilitating conditions

Core Feature: QOL domains that are influenced by personal and environmental factors that are enhanced by systems of supports

Effective Practices: Using QOL values related to inclusion, self-determination, equity, and empowerment as a framework for policies, practices, outcome evaluation, and research

Supports Model

Premise: Personalized supports enhance human functioning and personal outcomes

Focus: Support values and facilitating conditions

Core Feature: Determining support needs and providing systems of supports

Effective Practices: Aligning support needs, personal goals, and support strategies

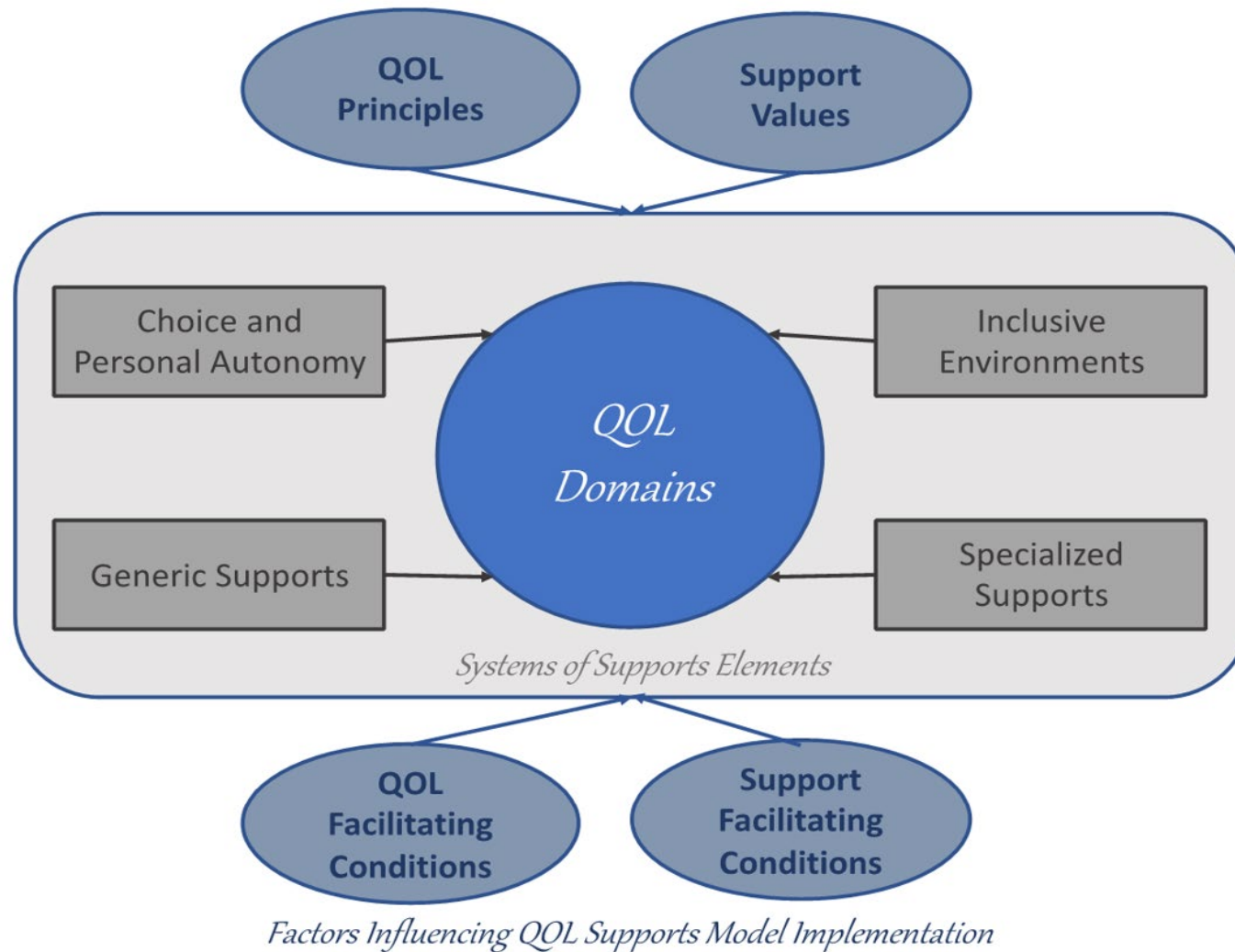


Figure 2. Quality of Life Support Model

Quality of Life Domains

Individual-Referenced

- Personal Development
- Self-Determination
- Interpersonal Relations
- Social Inclusion
- Rights
- Emotional Well-Being
- Physical Well-Being
- Material Well-Being

Family-Referenced

- Family Interactions
- Emotional Well-Being
- Physical/Material Well-Being
- Disability-Related Services
- Parenting

Systems of Supports Elements and Description

<i>Systems of Supports Element</i>	<i>Description</i>
Choice and Personal Autonomy	Opportunities to make choices and exercise self-determination
Inclusive Environments	Opportunities to accommodate psychological needs related to autonomy, competence, and relatedness
Generic Supports	<ul style="list-style-type: none">-Natural supports-Technology-Prosthetics-Education across the lifespan-Reasonable accommodation-Dignity and respect-Personal strengths/assets
Specialized Supports	Professionally-based interventions, therapies, and strategies

Factors Influencing QOL Supports Model Implementation

<i>Factor</i>	<i>Description</i>
QOL Principles	<ul style="list-style-type: none"> -QOL is composed of multiple domains that reflect one's personal well-being -QOL domains are the same for all people, but may be valued differently -QOL has both subjective and objective aspects -QOL is influenced by personal and environmental factors -QOL is dynamic and is subject to change
QOL Facilitating Conditions	<ul style="list-style-type: none"> -Participation in the community -Promoting sense of belonging -Maximizing capabilities and opportunities -Freedom to engage in major life activities -Safe and secure environments -Commitment to the goals that are important to the person or family
Support Values	<ul style="list-style-type: none"> -Conceptualizing supports as a bridge between "what is" and "what can be" -Recognizing the person's capabilities -Understanding the person's support needs -Respecting and enhancing differences -Being committed to addressing the person's support needs and enhancing their personal goals -Fostering opportunities to enhance an individual's QOL
Support Facilitating Conditions	<ul style="list-style-type: none"> -The availability and accessibility of supports -Knowledge about systems of supports elements -Competent/knowledgeable support providers -Consistency and stability of supports provision -Coordination and management of supports

Using the QOL Supports Model for Supports Provision

Premise: Families, primary care givers, support staff, and teachers are the principle support providers

Focus: Connecting support provider and support recipient with the QOL Supports Model and the factors influencing the model's implementation

Core Feature: QOL domains and support strategies

Effective Practices: Emphasizing QOL domains, building supports around choice and personal autonomy, providing generic supports, and accessing professionally-based interventions and therapies

Effective Practices in Supports Provision

1. Emphasize the multidimensionality of quality of life (“QOL Domains”)
2. Be sensitive to the factors influencing the implementation of the QOL Supports Model (QOL principles and facilitating conditions and support values and facilitating conditions)
3. Recognize the key role of choice and personal autonomy
4. Employ “generic supports” that involve natural supports, technology, prosthetics, education across the lifespan, reasonable accommodation, dignity and respect, and personal strengths and assets

Organization Transformation

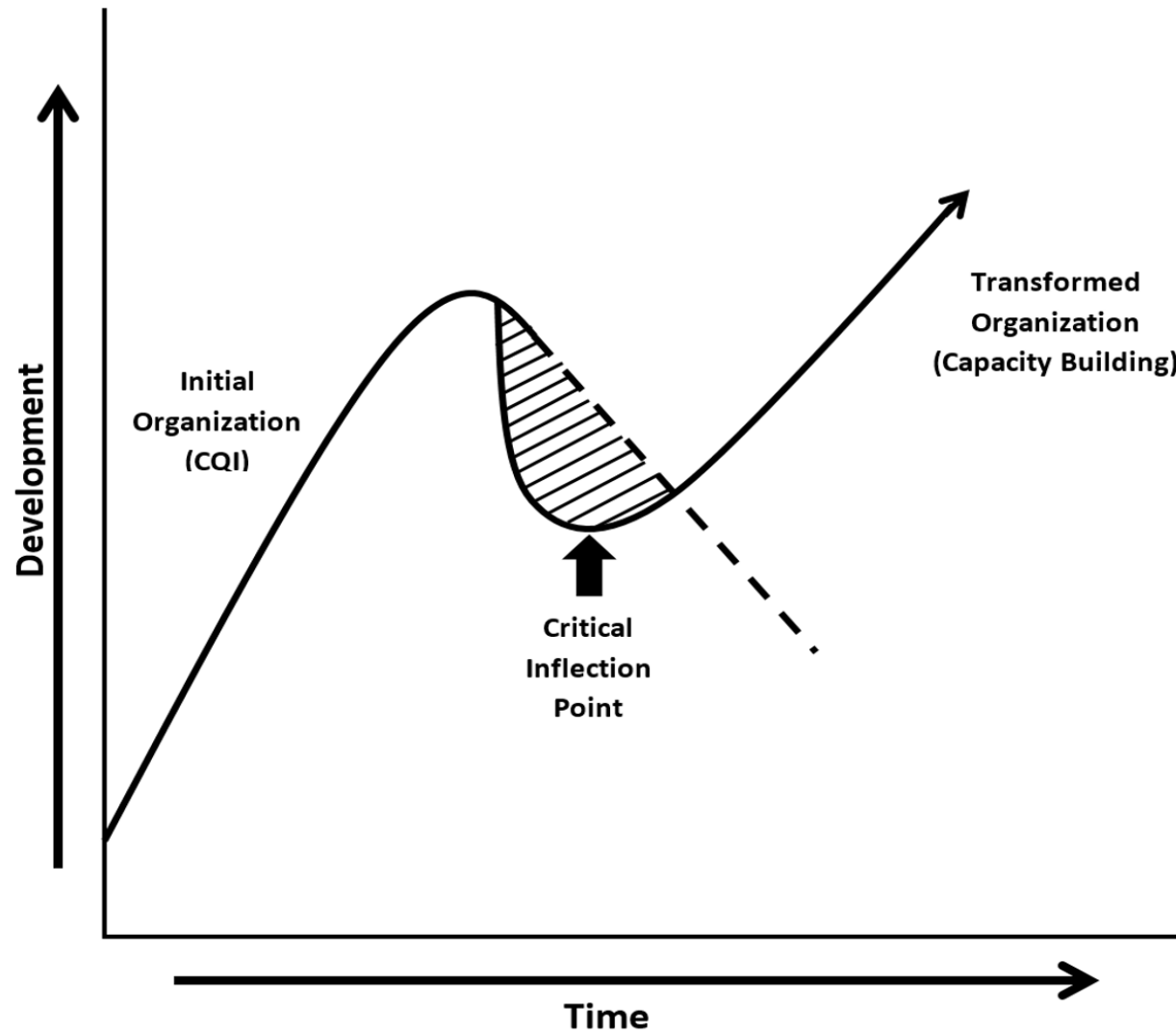


Figure 3. Transformational Process

Using the QOL Supports Model for Organization Transformation

Premise: Organization transformation involves more than continuous quality improvement (CQI)

Focus: Connecting QOL principles and facilitating conditions with support values and facilitating conditions

Core Feature: A QOL Supports Delivery System

Effective Practices: Implementing a QOL Supports Delivery System

Components of a QOL Supports Delivery System

- Building the delivery system around QOL domains
- Basing supports planning and delivery on systems of supports
- Incorporating a set of Personal Supports Plan principles
- Using a systematic approach to supports planning and implementation
- Placing knowledge in the hands of support teams (“Knowledge Library”)

Personal Supports Plan Principles

1. The person owns their Personal Supports Plan (PSP), which is a *support plan and not a compliance plan* for a provider agency or for people paid to support the individual.
2. A PSP is based on personal goals and support needs, integrates what is important to the individual with what is important for the individual, and addresses what should stay the same (i.e., maintained) and what needs to change (i.e., acquired or modified).
3. A PSP provides wrap-around supports through implementing systems of supports that are aligned with personal goals and support needs.
4. The user-friendly PSP is developed, implemented, reviewed, and evaluated by a horizontally-structured support team that includes the person with a disability.

Systematic Approach to Supports Planning and Implementation: A Prototypic Personal Supports Plan Based on the QOL Supports Model

<i>QOL Domain</i>	<i>Personal Goal</i>	<i>Support Needs</i>	<i>Support Strategies</i>	<i>Implementation Interrogatories (who, what, when, and how)</i>
Personal Development				
Self-Determination				
Interpersonal Relations				
Social Inclusion				
Rights				
Emotional Well-Being				
Physical Well-Being				
Material Well-Being				

Knowledge Transfer: The Knowledge Library Based on the QOL Supports Model

<i>Quality of Life Domains</i>	<i>Typical Support Needs</i>	<i>Potential Support Strategies</i>
Personal Development		
Self-Determination		
Interpersonal Relations		
Social Inclusion		
Rights		
Emotional Well-Being		
Physical Well-Being		
Material Well-Being		

Using the QOL Supports Model for Systems Change

Alignment of QOL Domains, UNCRPD Articles, and Systems of Supports Elements

<i>Quality of Life Domain</i>	<i>UNCRPD Articles</i>	<i>Systems of Supports Elements</i>	
Personal Development	24	-Life-long learning	
Self-Determination	14, 19, 21	-Personal strengths -Technology -Choice and personal autonomy	
Interpersonal Relations	23	-Dignity and respect -Natural supports	
Social Inclusion	8, 9, 18, 20, 27, 29, 30	-Dignity and respect -Natural supports	-Reasonable accommodation -Inclusive environments
Rights	5-7, 10-13, 15, 22	-Choice and personal autonomy -Specialized supports -Personal strengths/assets	-Dignity and respect -Natural supports -Technology
Emotional Well-Being	16, 17	-Choice and personal autonomy -Specialized supports (i.e. professional interventions/treatments) -Reasonable accommodation -Dignity and respect	
Physical Well-Being	16, 25, 26	-Professional services -Prosthetics -Technology	
Material Well-Being	28	-Inclusive environments -Dignity and respect -Education across the lifespan	

The QOL Supports Model Across the Lifespan

What Varies:

- Support Needs
- Support Strategies

What Remains the Same:

- QOL Principles and Facilitating Conditions
- Support Values and Facilitating Conditions

A Final Take Away

ASKING WHY SHOULD ALWAYS PRECEDE ASKING HOW

MY THANKS AND BEST WISHES