



Division of Developmental Disabilities (DDD)

Essential Lifestyle Plan (ELP)



Essential Lifestyle Plan

- ❑ In New Jersey, the Essential Lifestyle Plan (ELP) is a component of an individual's Plan of Care (POC).
- ❑ A nationally recognized planning tool.
- ❑ Is accepted by the Center for Medicaid Services as a planning document for the Division's Community Care Waiver.
- ❑ A planning process that is utilized by other states and countries.



What is the Essential Lifestyle Plan

- ❑ A facilitated person centered planning process that creates a user friendly snapshot of how someone wants to live and be supported
- ❑ Helps discover what is important to a person in everyday life
- ❑ Identifies what support the person requires and any health or safety issues
- ❑ Shares information in a positive, respectful, and easily understood manner with those who will help the person obtain what is important to them
- ❑ Is a way of making sure that the person is heard, regardless of the severity of his or her disability.



Why Utilize the Essential Lifestyle Plan

The ELP person centered planning process leads to:

- Meaningful conversations regarding what is important to and for an individual

- Provides detailed information on how to best support an individual

- Helps identify what the individual wants to achieve resulting in meaningful outcomes in their lives



Moving from Goals to Desired Outcomes

- The ELP utilizes identified outcomes and action steps in order to identify the supports and services that a person wants to have in their life.
- These outcomes result in a person achieving meaningful lives by maintaining what is important to them and/or what is important for them.



What is an Outcome?

- The change the person (or their team) is looking to see happen in the person's life
- The ultimate result or impact of activities
- What the person hopes to achieve
- The core purpose that various action steps are designed to meet



Moving from Goals to Desired Outcomes

Megan will exercise three times a week with verbal prompts for 6 consecutive months by 12/01.

Megan participates in dance aerobics so that she meets new friends and stays fit.

Megan will participate in 1 social/recreational outing a week with staff supervision until 12/01.

Megan takes a class at the Community College so that she is out with people and learns how to cook meals that meet her diabetic needs



What is the “Plan of Care”?

The Plan of Care (*for people with ELPs*) consists of the following components:

- DDD Cover Sheet
- Essential Lifestyle Plan (ELP)
- Health Safety Risk Summary (HSRS) and Adaptive Behavior Summary (ABS)
- Self Care Assessment Tool (SCAT)
- Community Care Waiver Certification (Sign-Off)



Crosswalk of POC and Licensing Requirements

The Plan of Care contains all the information required by the Office of Licensing to include but not limited to:

- Level of Supervision
- Medication Level of Assistance
- Finances
- Guardianship



Crosswalk of POC and Waiver Assurances

The Plan of Care contains all the information required by the waiver to include but not limited to:

- Life Plan Summary
- Relationships
- Residential Preferences and Needs
- Community and Recreation Preferences and Needs
- Physical and Emotional Well Being Support Needs
- Work/School/Program Preferences and Needs



You can find more detailed information
regarding the Essential Lifestyle Plan at:

www.learningcommunity.us

<http://rwjms.umdnj.edu/boggscenter/>

www.fscnj.org

