



COLORADO
CHOICE TRANSITIONS
YOUR PATH TO INDEPENDENCE

SELF-REFLECTION GUIDE

CLIENT NAME _____



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For additional copies please contact CCT Community Liaison at
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OVERVIEW

Making the decision to move into the community can be exciting and with careful planning and support from your transition options team, making the move into your desired living setting is possible.

Colorado Choice Transitions (CCT) has created four guides for you to complete in phases to help you determine your desires and needs for community living.

Working closely with your transition options team to complete these guides will help you create a transition plan for a safe and successful move. Your transition options team will include, at a minimum, your transition coordinator and case manager. They will assist you through each step of the planning and transition process and after you move.

It will be helpful to have other people on your transition options team too, such as a family member(s), trusted friend, peer supporters, neighbor, social worker and/or nursing staff. Be sure to ask questions and voice your thoughts and concerns about your move throughout this process.

This is, in fact, your move!

TRANSITION PROCESS

Moving from a nursing facility, hospital or Intensive Care Facility – Intellectual Disability (ICF-ID) into the community will be an exciting and challenging change in your life. It will take time, planning and coordination to accomplish the move. CCT has created four guide books for you to complete in phases as you plan your move:

1. **Self-Reflection Guide**
2. **Plan for Community Living**
3. **Planning a Successful Move**
4. **Responsibilities and Emergency Planning**

By completing these guides you will be able to make an informed decision about where and how you want to live.

To begin the process you will have a face-to-face meeting with a person who will explain the community-based options available to you. In this meeting, you will discuss the following topics:

- Steps required for you to move into the community
- People you want involved in your “Transition Options Team”
- Possible risks for moving into the community
- Types of qualified housing available
- Your financial resources for community living

If you make the choice to continue exploring the option of moving to the community, the transition assessment process will begin. You will be asked to complete this **Self Reflection Guide** and will meet with your transition coordinator to discuss it, once completed.

In the next phase, you and your transition options team will complete a transition assessment and identify services and resources needed for a move to the community. You will be asked to complete the **Plan for Community Living guide** to help with this phase of the process.

Based on the information gathered in the transition assessment process described above, a transition plan will be created. This plan will explore the availability of needed services and resources in the living setting that you desire. Once the required community-based services, housing and funding are obtained, a moving date will be determined.

On the next page you will find a chart called Transition Assessment and Planning Steps. This chart shows the order of steps you will take as you explore your options for community living. This chart will appear in each of the guide books. The colors of each step on the chart correspond to the book you will use in that step. This book, **Self-Reflection Guide**, will help you with **Steps 1 and 2**.

The questions in this guide will help you determine whether or not you want to explore your option to return to the community. Completing the **Self-Reflection Guide** may also help you identify concerns that you want to discuss with your transition coordinator.

STEPS OF THE TRANSITION PROCESS

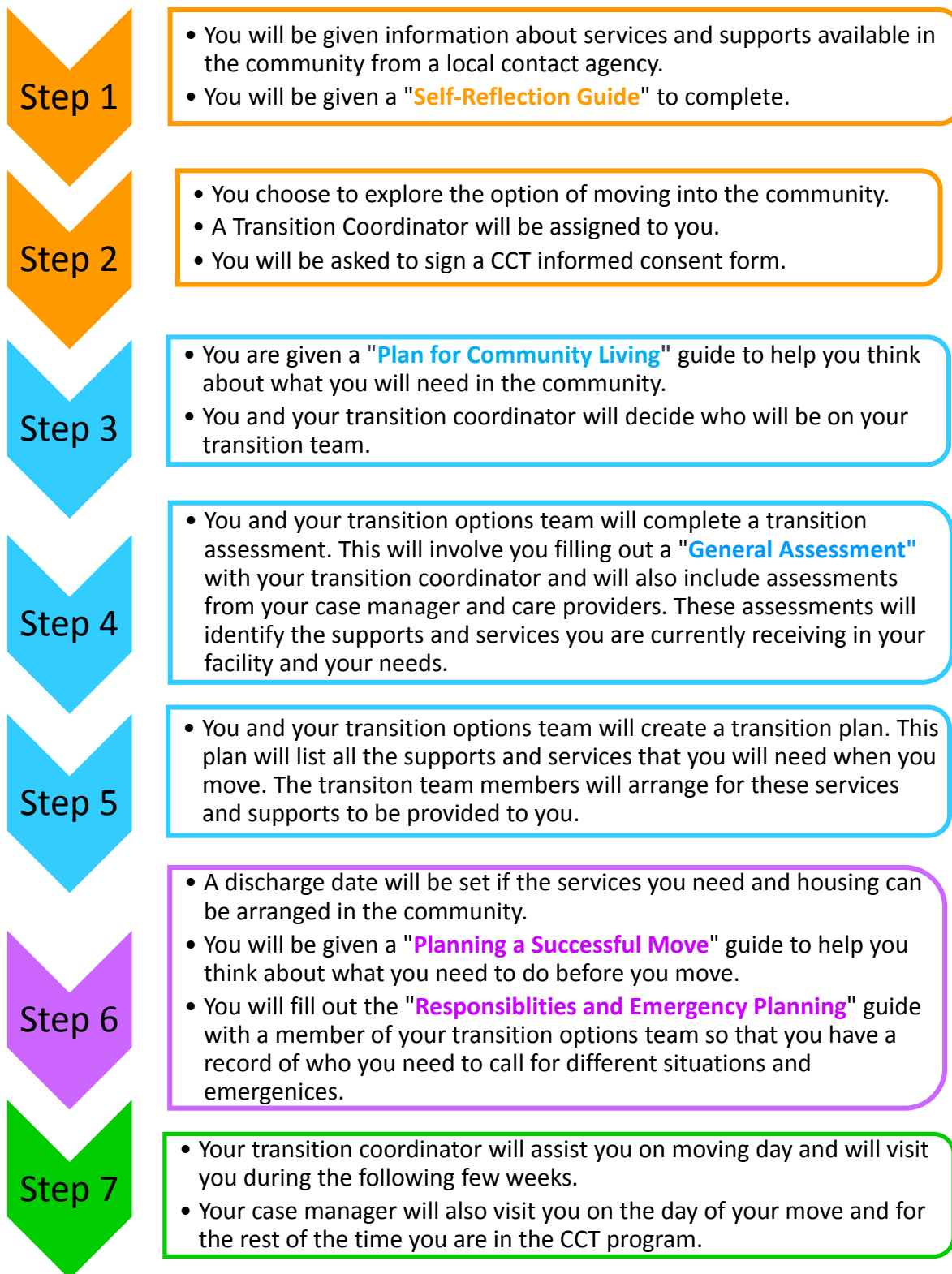


Figure 1. Steps of Transition Process

SELF-REFLECTION

PRIORITIES YOU HAVE FOR YOUR NEW HOME



What are the things you would most like to have in your new home?

What things would you not like to be without in your new home?

What are the things that you'd like to have, but could do without?

Is there anything you would not be able to tolerate in your new home? If yes, please list them here.

Do you have questions or concerns about moving?

How can we (transition options team) work with you to make your goals and preferences possible given your particular situation and needs?

SITUATIONAL REFLECTIONS

The following situations are not meant to scare you, but to help you think about what could happen after you move into the community. Thinking about these potential situations will help create a better transition plan.

Please consider how you might handle each of the situations below and discuss them with your transition coordinator or another person you trust.

WHAT WOULD YOU DO IF



Your attendant did not show up at the scheduled time?

You forgot to order your medications?

Your electrical power went out?

A check of yours bounced?

Your landlord did not renew your lease?

You did not like your caregiver?

You felt that you were being abused, neglected or exploited by your caregiver?

You were notified that a service you were receiving was being stopped?

You were afraid of losing your housing?

You did not like your housing?

Someone in your support circle decided to move?

Your telephone does not work?

The work you have just done will help create an informed transition plan focused on your goals while also safeguarding your health, safety and welfare.

After thinking about these different situations and talking with your transition coordinator, do you want to take the next step in exploring the option of relocating to a new home with help from the transition coordinator and transition options team?

- Yes. Begin [Plan for Community Living](#).
- No, not at this time. Revisit at a later time with your transition options team.
- Unsure. Continue speaking with your transition options team and ask questions and gather information until you feel you are certain about your choice.

NOTES