

SUPPORTING THE DIGNITY OF RISK AND THE POWER OF INDEPENDENCE



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WHAT WE WILL BE DISCUSSING

- Defining dignity of risk, the duty of care and the power of choice
- Decision-making
- Self-determination
- The power of choice
- Science behind risk taking
- Duty of care
- Balance

PERSONAL EXAMPLE OF TAKING RISKS



THINK TANK



- List an example of a time when you took a risk...
- What emotions did you feel while taking the risk?
- What was the outcome?
- Did you learn anything from taking the risk?
- Would anyone like to share?

WHAT IS THE DIGNITY OF RISK?

Definition:

“The right of every person, including those with a disability, to make informed choices and take reasonable risks to learn, grow, and have better quality of life”

— *North Dakota Health and Human Services*

Should take into consideration the individual's health and welfare



WHAT IS DUTY OF CARE?

Definition:

“A duty to use care toward others that would be exercised by an ordinarily reasonable and prudent person in order to protect them from unnecessary risk of harm.”

– *Merriam Webster*

- The duty to keep our clients safe



WHAT IS THE POWER OF CHOICE?



- The ability to make decisions that will impact an individual's life,
- Where does the individual want their life to go?
- What are their goals?

PRIMARY PRINCIPLES THAT GUIDE DECISION MAKING



- Informed consent
- Best interest
- Substituted judgment

INFORMED CONSENT



- Information is gathered concerning what will take place, the benefits and risks involved
- Define what requires a decision
- Weigh benefits, risks and consequences
- Individual's decision-making capacity taken into consideration
- **Important:**
 - Sufficient information gathered
 - Understanding risks and benefits

SUBSTITUTED JUDGMENT



- Principle of decision-making that substitutes the decision the individual would have made when competent
- Promotes self-determination and well-being of the individual
- Not used when following the individual's wishes would cause substantial harm to them or when the guardian cannot establish the individual's prior wishes

BEST INTEREST OF THE INDIVIDUAL

- Should be used if the individual has never had capacity or when the individual's wishes cannot be determined
- Requires consideration of the least intrusive, most normalizing and least restrictive course of action possible
- Used when following the individual's wishes would cause substantial harm to them, or when the guardian is unable to establish the individual's prior or current wishes
- Should include consideration of the individual's current and previously expressed wishes


HOW DO I HELP SOMEONE MAKE A DECISION?

- Ask the right questions
- Take time to think about the decision to be made
- Write down a pros and cons list
- It's okay to make mistakes
- Set deadline for when the decision needs to be made
- Ask for help or support



SELF-DETERMINATION

- It is imperative to provide the individual with every opportunity to exercise those rights that the individual might be capable of exercising as they relate to the care of the individual
- It is imperative to encourage the development or maintenance of maximum self-reliance and independence of the individual



THE POWER OF CHOICE



THE POWER OF CHOICE...



“Sometimes it’s the smallest decisions that can change your life forever.”

– *Keri Russell*

THE POWER OF CHOICE...

Decisions decisions...



Group Discussion

Think about a time when someone else made a choice for you...

- How did it make you feel to not make the choice for yourself?
- Did you have any responsibility or “buy in” to the decision made?

POWER OF CHOICE BENEFITS

- Enhanced quality of life
- Increased independence
- Empowerment
- Confidence
- Responsibility





RISK-TAKING

Not all risks are bad



DIGNITY OF RISK

- Basic human right
- Making mistakes and learning from trial and error allow for development throughout our lifetime

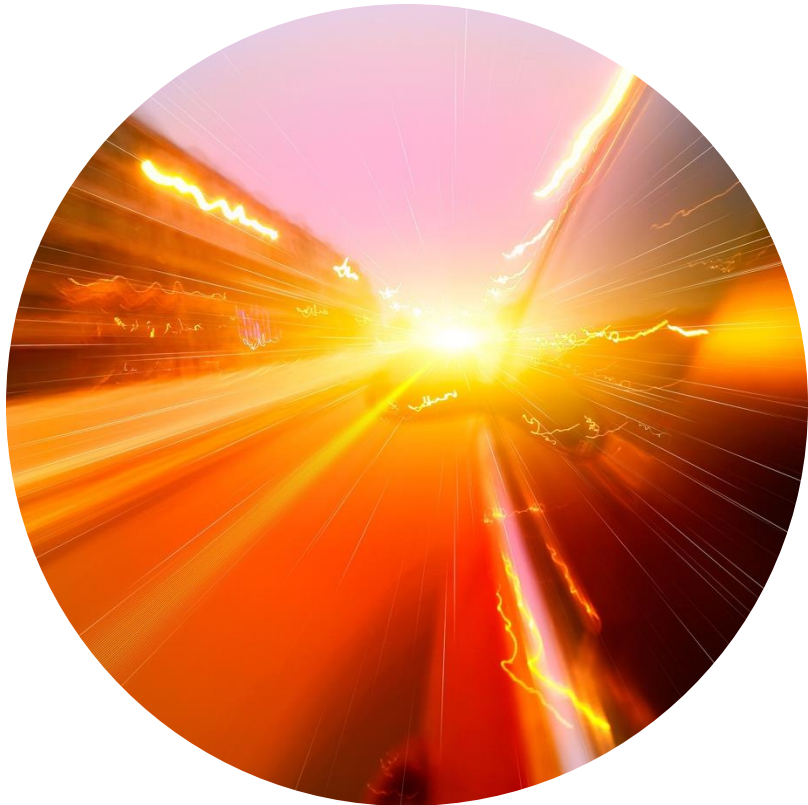


THE SCIENCE BEHIND RISK-TAKING



- Kayt Sukel states that “everyone takes small risks multiple times a day”
- Creates changes in the brain
- Taking risks is positively linked to learning, coping strategies, and development

THE SCIENCE BEHIND RISK TAKING



- During risk-taking...
 - Releases adrenaline
 - Also releases dopamine – producing a “feel good” feeling
- Personality can play a factor into risk-taking behavior

BENEFITS OF TAKING RISKS

- Aids in decision-making capabilities
 - Provides experience
- Learning and growth takes place in risk-taking



BENEFITS OF TAKING RISKS



- Can produce positive feelings such as:
 - Accomplishment
 - A feeling of being “in control”
 - Self-confidence
 - Excitement
- What if no one took risks?
 - Live in fear...

POSSIBLE EFFECTS OF RISK-TAKING



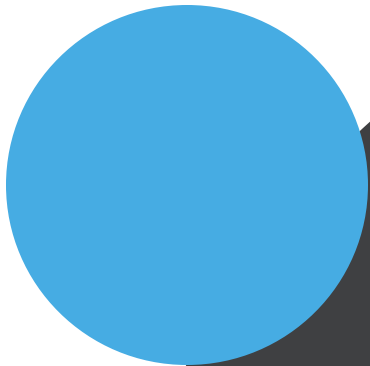
- A discovery of “who am I”
- “Individuals who take healthy risks are often happier people”
– *Betterhelp Editorial Team*
- Could risk-taking aid in a client being restored?

REMINDER...

Just because someone takes risks, or makes a bad decision, does not necessarily mean they need a guardian!



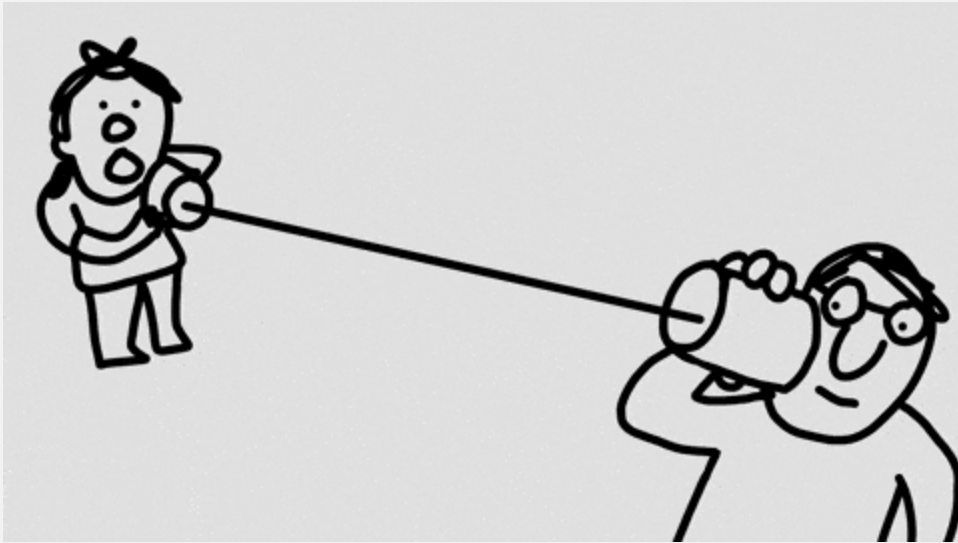
DUTY OF CARE



HOW CAN YOU BEST SERVE YOUR INDIVIDUAL?

- Develop a relationship with the individual
 - If you do not know the individual, can you really know their limitations and/or strengths?
- Develop a relationship with the team
- Retain open communication with individual and team
- Gather as much information as possible

HOW CAN YOU BEST SERVE THE INDIVIDUAL?



- What about allowing for some risks within a controlled setting?
- Are there safeguards we can put in place?

SERVING WELL



Scenario:

- You have an 82-year-old client who wants to go on a helicopter ride. She lives in an assisted living facility. She is mobile and active and exercises three times a week. There are no health concerns.

SERVING WELL



- What is your first response?
- How does quality of life factor into your decision?
- Picture of Patricia Allison (80) and Marcia Bannister (93)
 - Reside at Starrett Lodge, New South Wales Australia

WHAT ABOUT CAPACITY OF THE INDIVIDUAL?

- Each individual is different
- What may be risky to one person may not be risky to another
- **Beware:**
Some personalities are prone to riskier situations



BALANCE...



- There must be a balance between risk, choice, and duty of care
- Too much risk could be harmful and destructive
- Too much “duty of care” could be overprotective and debilitating
- What should we look for in balance?



QUESTION

How do you think you might use this with the individuals you serve?





How does it make you feel to make Choices?

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SUPPORTING THE DIGNITY OF RISK AND THE POWER OF INDEPENDENCE



Thank You

 **iPossible**
Services. Lives. Futures.

 **OKLAHOMA
Human Services**
Developmental Disabilities Services

Headshot Station



**RESERVE
YOUR SPOT**

No spots left? Stop by!
We'll fit you in for a walk-up.