Module 1: Person Centered Thinking
This is an ongoing process that identifies the balance between what is important to and what is important for a person. The individual is at the center of the process and is encouraged to direct the process as much as possible. No matter what the nature or severity of a person’s disability, there are many ways to identify a person’s strengths, abilities, preferences, needs, and goals. Remember, person centered planning is about supporting people with intellectual and developmental disabilities to exercise the same basic legal, civil, and human rights as well as other citizens.
Person-centered thinking respects and supports people to:

- Make informed choices
- Exercise the same basic civil and human rights as others
- Have personal control over the life he/she prefers in the community of choice
- Be valued for contributions to his/her community; and
- Be supported through a network of resources

Person-centered thinking involves values, tools, and skills to set the foundation for guiding informed choice.

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Make informed choices
Exercise the same basic civil and human rights as other citizens
Have personal control over the life he/she prefers in the community of choice
Be valued for contributions to his/her community; and
Be supported through a network of resources, both natural and paid
As humans, we may value some things more than others; and the way these values take form in our lives may differ. It is part of your job to help people to define what these outcomes mean on a personal level.

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The way these values take form in our lives may differ – e.g. “Feeling good emotionally” for one person may involve feeling accepted by others, while for another it may mean that they have the “alone” time they need to regenerate.

It is part of your job to help people define what these outcomes mean on a personal level.

Think about what your life would be like if you were not allowed to realize the dreams and life aspirations that are meaningful to you.

The bottom line is, you have an important role in any one of these person-centered outcomes, and should be prepared to collaborate with others for the best possible quality of life.
PERSON CENTERED THINKING

Values and supports individuals with intellectual and developmental disabilities to make informed choices and exercise the same basic, civil, and human rights as other citizens.

- Seeing the whole person for who they are
- What is important to the person?
- All people have gifts and strengths to share
- Keeping focus on the person

Values and supports individuals with intellectual and developmental disabilities to make informed choices and exercise the same basic, civil, and human rights as other citizens.

- Mind-set that
- Sees the whole person for who they are
- It asks: What is important to the person?
- It recognizes that All people have gifts and strengths to share
- And it keeps the focus on the person
Offer choices to individuals all day every day — not just supporting big choices that a person may make, but also recognizing opportunities to make smaller choices all the time.

With person centered thinking we train and expect that you will offer choices to individuals all day every day – not just supporting big choices that a person may make, but also recognizing opportunities to make smaller choices all the time.

You play an important role in modeling how to make choices. Everyone uses assistive technology everyday to make life easier. For example, think about how many of us use talk to text to communicate. Part of your role is recognizing and creating opportunities and finding assistive technology that people can use to realize those choices.

Click on the video to watch nationally acclaimed artist and speaker, Beth Mount, present the person centered philosophy. Many of the concepts in this video, you will continue to learn throughout the rest of this training.

**OPTIONAL: Beth Mount – see video “Program Vs Person-Centered”**

**Activity**