



gt independence

**Person Centered Thinking
Training**

Principles of Person – Centered Practices

Individuals of all ages and abilities have the supports need to enjoy the rights of life, liberty, and the pursuit of happiness and the opportunity to have a good life.

Having a good life means different things to different people. It includes joy and happiness, health and safety, hopes and dreams, meaningful activities, intimate relationships with family and friends, having a home, transportation, work, money (bank accounts), and the ability to contribute to family and community.

We believe that a good life is best led by the voice of the individual and by following these person-centered principles.

“I am listened to.” “I have a voice.” “I listen to others.”

Listening

Individual choices and descriptions of a good life are respected and followed.

Principle 1

“I have friends and family that I see often.”

“I am part of my community.”

“I have found groups, organizations and social activities that interest me.”

Community

Relationships with families, friends, and people in the community are very important and at the center of planning.

Principle 2

“I have choices.” “I am responsible for my choices.”

“I am respected.”

Self-direction

Personal choice and control are supported.

Principle 3

“I am able to contribute to family and community.”

“I learn new things.”

“People are nice to me.” “I respect others.”

“I am nice to others.”

Talents and Gifts

The experience, talents, and contributions of individuals, families, and communities are strengthened and supported.

Principle 4

“I am responsible for my choices.” “I receive quality support.”

Responsibility

There is shared responsibility for supports and choices.

Principle 5

**Important to/Important for and
finding the balance between
them**

Important to

What makes a person happy, content, fulfilled

- People, pets
- daily routines and rituals,
 - products and things,
 - Interests and hobbies,
 - places one likes to go

Important for

What we need to stay healthy, safe and well

- health and safety
- things that others feel will contribute to being accepted or valued in the community

Finding the balance between important to and important for

AND

Asking: What else do
we need to know or
learn?

Determining Staff Responsibilities

- Core: responsibilities that have to be done in a certain way or there will be grave consequences
- Creativity and judgment: how to help someone satisfy what is important to him or her
- Determining what is NOT paid responsibility

What's working/ What's not working

- Analyzes situations from various perspectives
- The individual, family member and staff member

4 + 1 Questions

What have we tried?

What have we learned?

What are we pleased about?

What are we concerned about?

And then

What should we try/do based on what we have learned?

Learning Log

- 1) Discovering the difference between Important to and Important for.
- 2) Determining my responsibilities as a Care Giver.
- 3) Looking at working/not working in specific situations.
- 4) Provides a way to grow plans and add to a living description.

If you have any question or concerns please contact the Community Guide located in your region.