



Person-Centered Thinking

Curriculum Description

This training was developed by The Learning Community for Person-Centered Practices (<http://www.learningcommunity.us/home.html>) to help people who need services and supports “get better lives, not just better plans.” It consists of 2 days of exercises where the participants acquire basic person-centered thinking skills such as:

- The importance of being listened to and the effects of having no positive control
- The role of daily rituals and routines
- How to discover what is important to people
- How to sort what is important for people from what is important to them
- How to respectfully address significant issues of health or safety while supporting choice
- How to develop goals that help people get more of what is important to them while addressing issues of health and safety

The training in person-centered thinking is recommended for all human services providers, regardless of their role or agency. It serves as a foundation for everyone who is involved in supporting people with significant disabilities, but its strategies can be generalized to many other interactions, both work-related and personal.

Day One: The focus of this day of learning is to provide participants instruction and ample practice in the processes and structures used to develop plans that support choice while addressing issues of health and safety. This day of activities relies on group work and discussion. Through a series of applied stories and guided exercises, participants practice sorting information using the following frameworks:

- What is important to a person and what is important for a person
- Core responsibilities for those who provide support; when judgment and creativity is expected; what is outside the responsibility of paid staff
- What makes sense and what doesn't make sense, and recording this information from a variety of perspectives
- Aspects to consider when matching people who receive supports with people who provide supports

Day Two: The focus of this day is to provide instruction regarding key principles of person-centered thinking as applied through essential lifestyle planning. Participants develop their skills in person-centered thinking through a series of guided exercises, done in pairs with a fellow participant. Through directed conversation, listening and sorting information, and writing down what they have learned about their partner, participants practice skills required for developing person-centered plans. At the end of the day participants have a first plan that they have made for themselves.