

Person Centered Practices Overview

Grand Marais, Minnesota



The following is a brief overview of person-centered practices put into plain language by self-advocates and those with lived experiences. The group spent time learning about person-centered practices then highlighted what they thought was important in a way that was easy for all to understand. The following is what they think all people should know.

[Visit the Arrowhead Regional Quality Control \(RQC\) website to learn more](#)

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What are Person-Centered Practices

Being person-centered is a way of thinking and interacting with people with a high level of respect. It looks at what people want out of life and how they can make that happen.

Person-centered practices can help people describe and create the life they want by using the person's strengths, interests, abilities, and what they can add to the communities around them.

Person-centered practices allow the person to direct the decision making in their life.

Person-centered practices aim to find out what is important to and for a person, and then how to have both in your life.

Things to consider about Person-Centered Practices

Most people want to feel happy and healthy but there are other things we need in life called valued experiences. Valued experiences are things like having meaningful relationships with others, having places to go, things to do, having a place to share what I know or teach others, having choice, being respected, having community, and being accepted by others.

Person-centered practices are a way of thinking and an approach to working with people. It helps you discover

what is important to a person and for a person. It helps the person describe the life they want to live with valued experiences in it. It is an approach that is focused on the person, where they are now, their strengths & interests, and their community resources.

Person-centered practices and person-centered planning are not the same thing. Person-centered planning is a formal guided process and there is several types-PATH, MAPS, Essential Lifestyle Planning, Charting the Life Course, People Planning Together, Personal Futures Planning Etc.

When using person-centered practices, words and how you use them are very important. Words can shape how people see each other, they can make people feel empowered or powerless. The use of plain language is always best, so saying things in a way that is understood by all is the best way to communicate. It is best to say the full name of an organization rather than using letters, stay away from using labels or statements that use permission in them.

Useful Person-Centered tools

There are person-centered tools and skills that can be used to support people in getting what they want out of life. The following are tools and skills we think could help to better understand what a person wants and needs out of life. We have attached samples of each skill so you can see what they look like and how to fill them out.

Important To and Important For: This skill is about deeply understanding a person by finding out what is important to and for a person to live a happy healthy life. This skill has two columns; one that says important to and one that says important for. In the important to column, you write what is important to a person and this includes romantic relationships, friendships, family, pets, hobbies, culture events, what makes them happy, things to do, places to visit, what a good day is like, personal things needed, community, and what matters most to the person. The other column is where you list the things that are Important for you and this includes medications taken, physical therapy appointments, doctors' visits, diet, mental health management, and safety concerns. Once both columns are full you talk about balance and how to include items from both columns so the person can have the life they want.

One-Page Description: This skill is a way to get to know someone in a short amount of time by knowing what is most important to them. All one-page descriptions should have 3 key pieces of information; what people like or admire about me, what is important to me, and what are the best ways to support me.

What is working and what is not working: This skill is helpful in writing down all the things that work about a situation or problem and all the things that do not work and allows you to look at both sides of the situation or problem at the same time.

Donut Sort: This skill looks like a donut drawn on paper; it can help you understand roles and responsibilities. The small circle is where you write the core responsibilities of the situation, the middle circle is where you can use new and different ideas and ways to solve a situation, and the outside circle is where you write the things that are not your responsibility or things you cannot control.

Resources

[The Learning Community for Person-centered Practices](#)

[Importance of the Environment](#)

[Learn More About Person-centered Planning](#)

[Person-centered Practices in Minnesota](#)

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