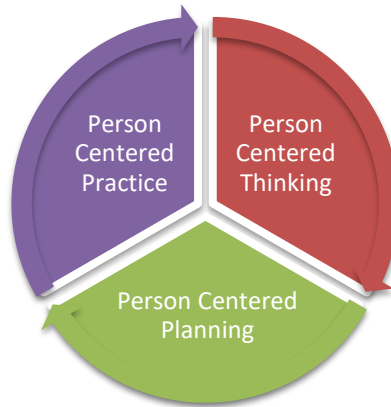


Key Elements of Person Centeredness

- ✓ **Empowerment**
- ✓ **Self-determination**
- ✓ **Meaningful lives**
- ✓ **Inclusion**
- ✓ **Quality of life**
- ✓ **Dignity of risk**
- ✓ **Autonomy**
- ✓ **Values social roles**
- ✓ **Contribution**



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, including dignity of risk.

Person-Centered Planning: A way to help a person plan their services and supports. It’s an ongoing process that identifies 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. The Centers for Medicare and Medicaid Services (CMS) has requirements for person-centered service plans. Best practices for person-centered planning include: 1) Listening; 2) Empowering; 3) Encouraging; and 4) Supporting.

The person-centered planning process has four steps: 1) assessment; 2) person-centered planning meetings; 3) writing the plan; and 4) reviewing the plan.

Person-Centered Practice: Aligning service resources that give people access to the full benefits of community living and ensure they receive services in a way that helps them achieve their individual goals.

Key Elements of a Person-Centered System

- People with IDD have rights
- People are supported to live the life they want
- Supports the person to lead their life
- Empowers choice making
- Supports dignity of risk
- Supports community inclusion, connection and engagement