

Person-centered training information

Person-centered planning is changing the culture of service planning. When practicing person-centered planning, the person is the primary focus rather than the disability, service or some other issue.

Training in person-centered thinking serves as a foundation for everyone who is involved in supporting people with disabilities. It offers specific ways to discover:

- What is important **to** a person
- What is important **for** a person.

<p>Overview</p>	<p>The University of Minnesota Research and Training Center on Community Living, in partnership with DHS, has three classes available:</p> <ul style="list-style-type: none"> • Being person-centered: An introduction • Part 1: Person-centered thinking • Part 2: Person-centered planning <p>Sessions are open to providers, lead agency staff and other interested stakeholders. Register through the U of M Research and Training Center on Community Living's Person-centered thinking and planning training page. You may sign up to be notified when new training dates are added on this U of M training page.</p>
<p>Being person-centered: An introduction</p>	<p>Description This one-day introductory session provides a general overview of the principles associated with being person-centered, and the concepts of person-centered thinking (PCT). The goal is to create awareness about the PCT model and its potential role in improving services for people who are older or have disabilities. In addition, the session will include how person-centeredness and positive behavior supports (PBS) can be used to support people who have a label of "challenging behavior" or are at risk of restriction.</p> <p>Intended audience: Human services support personnel including:</p> <ul style="list-style-type: none"> • Human resources • Clerical • Policy personnel • Administrators • Others who may not work directly with people who receive services. <p>Dates Visit the U of M person-centered introduction course page</p>
<p>Part 1: Person-centered thinking</p>	<p>This two-day interactive training is about acquiring and practicing effective person-centered thinking skills. It centers on how to discover and balance what is important to and what is important for a person. Participants learn how these approaches respectfully address issues of health and safety from a variety of perspectives, while empowering the people served to maintain control while being listened to. Participants also learn to write a person-centered description.</p> <p>Intended audience</p> <ul style="list-style-type: none"> • Staff at all levels in an organization • People who receive support • Families of people who receive support <p>Dates Visit the U of M part 1 course page</p>
<p>Part 2: Person-centered planning</p>	<p>During this two-day session, participants learn and apply person-centered thinking and planning tools that focus on helping people envision the life they want in their community. In person-centered planning, multiple methods are applied to capture what a person really wants, and, out of this, a "picture of a life" is created, which contains all the elements of that person's desired future. This method can help teams increase creativity and facilitate more satisfying and effective planning meetings.</p> <p>Intended audience Key staff who write or supervise the writing of support plans.</p> <p>Prerequisite Part 1: Person-centered thinking</p> <p>Dates Visit the U of M part 2 course page</p>
<p>Contact information</p>	<p>If you would like to suggest additional training locations or are interested in being trained to facilitate person-centered trainings, contact the University of Minnesota at rtc@umn.edu.</p>

