

Person-Centered Thinking

North Carolina holds a deep commitment to and investment in person-centered thinking principles. Person-centered thinking principles which have been shaped and inspired by the work of John and Connie O'Brien, Michael Smull and others, provide an essential framework for effectively supporting a person in navigating the challenges and opportunities of a full and typical life.

At its core, person-centered thinking calls the human services community and others who ally with people with disabilities to:

- *Assist people with developmental disabilities to develop their individual abilities and personal interests.*
- *Discover and respond to individual choices.*
- *Support important personal relationships and encourage positive participation in community life.*
- *Deal effectively with people's vulnerabilities.*
- *Promote personal and organizational learning which leads to continual improvement of service provider[s] ability to meet these four essential contributions.*

-John O'Brien
"Principles for Developing
Individualized Supports," as
printed in TASH Newsletter, April
1995, Volume 21, Issue 4

Person-centered thinking helps frame the "experience/safety" balance in terms of asking what is ***important to this person and what is important for this person?***

There are many resources available to foster understanding of person-centered thinking. Perhaps the most comprehensive resource is the [National Center on Advancing Person-Centered Practices and Systems \(NCAPPS\)](#). NCAPPS is an initiative launched by the Administration for Community Living (ACL) and the Centers for Medicare & Medicaid Services (CMS) in 2019 to provide tools for States, Tribes, and Territories to implement person-centered thinking, planning, and practice that is in line with U.S. Department of Health and Human Services policy