

Person-Centered Thinking (PCT)

What is person-centered thinking?

In short, it is about putting the person at the center of decisions that affect their life. It promotes greater positive control in the life of the person. All efforts revolve around The Core Concept, finding the balance between what is important To and For the person.

Historically, services for people with intellectual and developmental disabilities have focused on what is important FOR at the expense of what is important TO a person. It is necessary to have a balance between them. Adding more of what is important TO a person is respecting their own definition of "quality of life."

It is all about balance. It is not about saying that a person gets whatever (s)he wants. The focus is thinking in a way that provides the person (the "patient" when we speak of healthcare) greater involvement in the decision-making process. It is balancing safety with enjoyment, healthy eating with options on what to eat, or financial responsibility with splurging on a new pair of boots. It is about living a life by balancing freedoms and choices in the same way we all do.

This IntellectAbility Resource Sheet is sourced from Clinical Pearls in IDD Healthcare: Second Edition, written by Craig Escudé, MD, FAAFP, FAADM.

Important TO

Includes things in life that help anyone to be satisfied, content, and happy:

- People and relationships
- Things to do
- Places to go
- Status and control
- Things to have

Important FOR

Includes things in life we all do to remain healthy and safe as well as accepted members of our community:

- Prevention and treatment of illness
- Safety
- Well-being
- Abiding by spoken and unspoken rules of their community

**Empower your team with
Person Centered Thinking skills**

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