



DISTRICT OF COLUMBIA
Department On Disability Services

Person-Centered Thinking



Person-centered thinking is a philosophy behind service provision that supports positive control and self-direction of people's own lives. DDS' Developmental Disabilities Administration (DDA) is working to implement person-centered thinking through training sessions and other agency wide initiatives. Teaching and supporting the use of person-centered thinking skills means that it is likelier that service plans will be used and acted on, that updating service plans will occur "naturally," needing less effort and time, and that the person's ability to lead a fulfilling, independent life is maximized.

Ongoing two-day interactive training sessions for DDA Service Coordinators in person-centered thinking are facilitated by Support Development Associates, LLC (SDA). [To learn more about SDA, click [here](#).]

Training sessions offered have focused on participants' acquisition of basic person-centered thinking skills, such as:

- The importance of being listened to and the effects of having no positive control.
- The role of daily rituals and routines.
- How to discover what is important to people.
- How to respectfully address significant issues of health or safety while supporting choice.
- How to develop goals that help people get more of what is important to them while addressing issues of health and safety.
- The training in person centered thinking is recommended for all paid staff regardless of their role.

Learn more about [Person Centered Thinking](#) on the DDS website.

