

Person-centered Care Planning Action Checklist

People respond best **when they're involved** in making decisions about their lives.

Person-centered care puts the **person at the center** and understands every person is unique.

Person-centered care **always** involves the person and views the person as an **equal**.

Person-centered care **focuses on a person's strengths**, not their weaknesses.

A person-centered care plan may include **unique approaches** to mealtimes, living environments and level of risk.

A person-centered care plan gets **input from the whole care team**.

Mental health experts are **important partners** in helping you develop person-centered care plans.

Psychologists, Psychiatrists and Mental Health Social Workers have special training to **help you identify behavior triggers and strategies** to reduce unhealthy actions.

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