

U AND UNIVERSAL

Person Centeredness is defined as finding a balance between what is important to and for a person.

What is important to a person?:

- People they like to be with
- Things they like to do (read, work, listen to music, etc.)
- Places they like to go (the park, the library, etc.)
- Rituals and routines (what time do they like to eat? Shower? etc.)
- Transition time (going from one activity to the other, unwind from an activity)
- Things they like to have (things they like or that make them feel comforted)

What is important for the person?:

- Issues of health (doctor appointments, medication, exercise)
- Environment (feeling safe and secure)
- Well being (preventing illnesses, being happy)

Our role is to help the people we serve find the balance between these two things while helping them to explore what needs to change in their lives and what needs to stay the same.

Did You Know?

- Each Universal office has a safety manual
- The manual is an orange notebook that is housed at the front of each office
- The manual contains information concerning power outages, natural disasters, evacuation plans, medical emergencies and other safety information and procedures.

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