



National Center on Advancing Person-Centered Practices and Systems

**Transcript from a short-video titled “Falling Back on Person-Centeredness”
with Sheli Reynolds for NCAPPS' Pandemic Wisdom series**

Dr. Sheli Reynolds is the Associate Director at University of Missouri, Kansas City Institute for Human Development, where she advocates for and alongside people with disabilities and their families, working to create policy, practice, system, and community change. She is the lead developer of the Charting the LifeCourse framework and directs the LifeCourse Nexus.

Hi, my name is Sheli Reynolds and I'm with the LifeCourse Nexus at the University of Missouri Kansas City, Institute for Human Development.

I was asked to help us really think about the importance of balancing public health, and person-centered individual planning and thinking. For me, these things are really one in the same as we think about our collective whole and we think about what a good life is. We really need these grounding principles of the person-centered practices, or the Charting the lifeCourse framework, to really help us problem-solve and navigate. A lot of times, people think a person-centered planning is something that we would just do if we had enough time, or if it was something that we would do if we just want to think about the future. But the reality is, is that it really helps ground us in the day-to-day problem-solving; we can make about anything that's happening in our lives. It gives us an opportunity to calm down, recognize the value of the voice and understand what that person wants.

Sometimes we're making really quick decisions because of the crisis that we're in. And as we're making those quick decisions, what are we doing that's really taking away from the supported decision making or what that person's good life really is. Person-centered thinking should be something we actually fall back on during this time of crisis, to really help us navigate that, to help us understand that we do need to think about the whole, but it's all about the person's quality of life. And how are we balancing that with both health and safety, as well as ensuring that we're not making decisions that are going to have a long term impact that undoes all of the self-determination, social capital and inclusion that we fought so hard for.

Person-centered practices and person-centered thinking, and the Charting the LifeCourse framework and tools grounds us in the practices that enable us to keep moving forward in a time of crisis like this.