

What does person-centered mean for me?



I know me.

It's my right to live, learn, work and enjoy life in the community. This means: I am treated with dignity and respect. People in my life listen to my wants and wishes. I am encouraged to explore my dreams. I am responsible for taking action to reach a goal. I know that reaching my goals may require planning and patience.



I control.

I am in charge of my meetings, my choices and my own life. This means: I can decide what's important to me. My providers can help me know what's important for me. I can choose who helps me. It's OK to say what I really think and how I feel. I can change my mind.



I dream.

I have likes and wants. My ideas are important. This means: I'm the expert about what I want my life to be. I have skills and strengths. I can make good choices and set goals based on my skills and strengths. It's OK to try new things, take risks and learn from successes and failures.



I choose.

I choose how I live, learn, work and play. This means: I can ask questions, explore options and tell people what I need and want. I can live in a place where I am comfortable. I can learn new things my whole life. I can find work that matches my interests and skills. I can decide what play means to me and how to spend my time.



I participate.

I can thrive in my community. This means: I can go places and take part in activities and events. I can make my community a better place. I can make friends and get to know my neighbors. I can earn a living by doing meaningful work.

I create my best life, my way.

Disability Linkage Line is here to help. We make it easier for you to seek solutions and build a plan. The service is free for all Minnesotans. There are no wrong questions. **1-866-333-2466**

I control. I dream. I choose. I participate.