

Recent Research on Person-Centered Planning for People With IDD

Prepared July 2026 | Reviewed and edited by Allen, Shea & Associates with research by Anthropic AI

Studies

1. Friedman, C. (2026). Person-Centered: The Impact of People with IDD Choosing Their Goals on Their Quality of Life Outcomes. Journal of Developmental and Physical Disabilities.

This study analyzed data from 2,928 people with IDD. Only 54 percent chose their own personal goals. Choosing goals was linked to large gains across all 20 measured quality-of-life areas, including health, safety, and relationships.

<https://doi.org/10.1007/s10882-025-10048-2>

2. Daniels, E., Stober, K., et al. (2026). Associations of Person-Centred Planning and Service Coordination With Health Outcomes of Adults With Developmental Disabilities. Journal of Intellectual Disability Research.

This study examines how person-centered planning and service coordination relate to unmet healthcare needs. It focuses specifically on adults with intellectual and developmental disabilities.

<https://doi.org/10.1111/jir.70109>

3. Young, G., Mathews, M., Meredith, L., Sibbald, S.L., and Ryan, D. (2025). Person-Centred Plans From the Perspective of Persons-Supported in a Community Care Setting: A Qualitative Study. Journal of Applied Research in Intellectual Disabilities.

Researchers interviewed people with IDD directly supported by person-centered plans. This gives a first-person view rarely captured in this field of research.

<https://doi.org/10.1111/jar.70084>

4. Brendli Brown, K.R., Blessing, C., Pandey, T., Simmons, H., and O'Brien, J. (2025). Person-Centered Planning for Group Home Residents With Intellectual and Developmental Disabilities. Research and Practice for Persons with Severe Disabilities.

This study focuses on group home residents with IDD specifically. It argues many providers make only surface-level paperwork changes rather than truly person-centered practice.

<https://doi.org/10.1177/15407969251322732>

5. Bobroff, S., Oertle, K.M., et al. (2025). Person-Driven Planning Benefits Everyone: Dispelling Myths With Practice-Based Evidence and Outcomes. Journal of Applied Rehabilitation Counseling.

This study uses real-world outcomes data from IDD service systems. It counters common myths that person-driven planning is impractical or too resource-intensive.

<https://doi.org/10.1891/JARC-2025-0012>

6. Allred, B., Roberts, C.A., Saliba, E., and Fair, N. (2025, online; print 2026). A Person-Centered Planning Framework for Goal Setting and Inclusive Instructional Planning.

This framework is written for special education teachers of students with intellectual disabilities. It applies person-centered planning to IEP goal-setting and inclusive classroom instruction.

<https://doi.org/10.1177/27324745251348904>

7. Gregory (2024). Young People's Views and Experiences of Person-Centred Planning: A Systematic Literature Review. Journal of Research in Special Educational Needs.

This review covers six studies on young people with intellectual and developmental disabilities. It finds facilitator skill strongly shapes whether planning meetings feel truly person-centered.

<https://doi.org/10.1111/1471-3802.12623>

8. Stober, K., Daniels, E., and Caldwell, J. (2025). The Impact of Person-Centered Planning on Health Outcomes for People with IDD: Evidence From NCI-IDD. AAIDD.

This national data brief uses the National Core Indicators-IDD dataset. It connects person-centered planning practices to measurable health outcomes for people with IDD specifically.

https://idd.nationalcoreindicators.org/wp-content/uploads/2025/06/AAIDD-2025_Person-centered-practices.pdf

A Common Thread

While the use of person-centered planning is well established, real choice-making still lags theory in everyday practice.