"Development cannot be limited to mere economic growth. In order to be authentic it must be complete: integral, that is, it has to promote the good of every man and of the whole man." (Pope Paul VI -- 'Populorum Progressio' #14)

Human development is something that people must do for themselves. No one else, however well intentioned, can "develop people". If they try, the result may or may not be beneficial, but it will not be development.

"Development must be designed, even at the humblest level, as a process of ensuring the advancement of man through his own endeavors." (UNESCO)

So development aid projects should aim to be not simply for the people, but of the people. The poor themselves should decide on what the problem is and how best it can be countered. They should participate in the planning, implementation and evaluation of the project. For example, a water supply provided to a community by an outside agency may be very useful without in any way contributing to the development of the people. However, if the people decide that the lack of a water supply is their greatest problem, and that this problem can best be solved by the provision of piped water, and if they further get together to plan the project, and are involved in the implementation of their plans and then evaluate how successful they have been in achieving their aims, then they will have "developed" as individuals and as a community. They will have realized some of the potential that is in them for planning and achieving change for the better in their community.