

# What is person centred planning?



**It's my life!**

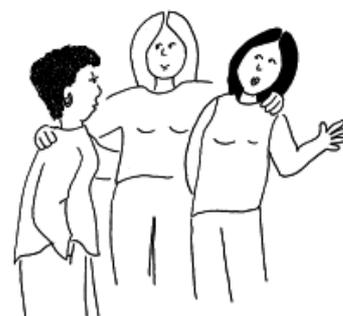
'Person centred' means doing things in a way that the person wants and which helps them to be part of their community. If someone is in the centre of something, they are the most important person.

## What does person centred planning mean?

It means putting the person at the centre of planning for their lives.

Person centred planning is about:

- Listening to and learning about what people want from their lives
- Helping people to think about what they want now and in the future
- Family, friends, professionals and services working together with the person to make this happen



"Person centred planning means that I get to plan my life the way I want. It doesn't mean that I have to do it on my own. It means that other people who I like and trust help me - on **my terms**"

## How can person centred planning help me?

There are lots of good things about person centred planning. People who have worked in this way have found that it:

- ✓ Helps them to think about what they want from their lives, their dreams and wishes
- ✓ Helps them to think about who is in their life and to make and develop friendships and relationships



"I knew that I wanted to be with my girlfriend but I never thought I could do it. People always said that we would not manage. Now my Circle of Support is helping us to make it happen. The people in my Circle really know me"



- ✓ Helps them to feel good about themselves and more confident
- ✓ Helps the people in their lives work together to solve problems and make sure that people's nightmares don't happen



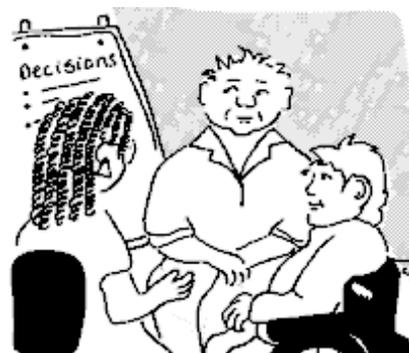
"I was really scared that if things didn't work out in my new house that I would have to go back into hospital. Now I know that the people in my Circle will not let that happen"

- ✓ Helps them to feel and be an important part of their community



- ✓ Helps services understand how they can support people in the way that they want

Jim and Karen wanted to live together but their support staff kept saying that they couldn't cope and it was not possible. They went to a workshop run by People First called 'Our Plan for Planning' and they made a collage about their dream - a bungalow together. They planned a meeting with people they wanted there and explained what they wanted. People began to listen and after several months they finally moved into their new bungalow

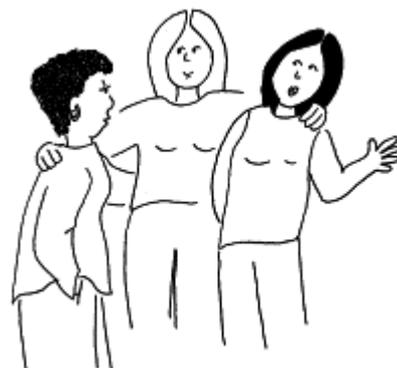


- ✓ Helps people to think about changes they want to make in their lives



Jane is labelled as autistic. She was sent to school away from where she lived because of her difficult behaviour. Her plan helped her family and care manager to understand that what Jane wanted and needed from her life couldn't come from the services on offer. A Direct Payment helped Jane choose the people she wanted to support her in the way she needed

- ✓ Helps people think about who they are, the things that make them special and important



"When I first met David I just saw his problems. Now I see a person who loves to play electric guitar, have his feet rubbed and who has the most beautiful smile. I like him"

## How can I be involved?

The government says that all people with learning disabilities must have the chance to find out more about person centred planning so that they can decide if they want to get more involved.



There should be sessions where you live where you can find out more.

Self advocates can then get involved in different ways:

- ✓ By **leading** their own plan



### Reaching for the Stars

"At Skills for People we run a course called *Reaching for the Stars* which I help to run. I am in charge of planning my life and I help other people with learning disabilities to do the same. We learn from each other. People come on the course with a supporter they trust and they make a plan to do something new in their life. Big or small, it doesn't matter so long as it is their plan for their life."

- ✓ By **training** other self advocates about person centred planning

- ✓ By being a **Mentor** and supporting other self advocates who want to plan for themselves



## How can I find out more?

If you want to find out more about person centred planning then talk to either:

- ✓ Your local Learning Disability Partnership Board. If you do not know who is a member then ring your Social Services department
- ✓ Your local Self Advocacy group