An Introduction to
Person Centred Planning

Practical approaches to planning and living your best life

North Wales **Together**
Gogledd Cymru **Gyda'n Gilydd**

Seamless services for people with Learning Disabilities
Gwasanaethau ddi-dor i bobl ag Anableddau Dysgu

Person Centred Planning (PCP) is a range of approaches or 'tools' that can be used to help individuals and families to think about and plan what they want to achieve in life.

PCP tools have been developed because some people worry that assessment and care management systems and processes aren't always good at including people in a creative way.

Person Centred Planning turns this around by asking 'how can we involve you in looking at your future' and 'what do you want out of life?'

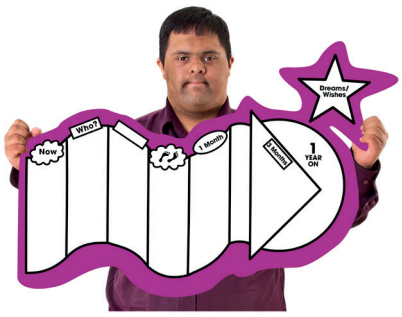
There are a number of 'tools' that you can learn to use. These include One Page Profiles, Personal Portfolios, Essential Lifestyle Planning, MAPS, PATH, the Outcomes Star, Personal Futures Planning and Individual Service Design, plus many others. However, the tools are only good if they are used in the right way.

Each PCP tool has its own set of guidelines and questions, but used together they help us to find out.

Who is this person?

Who cares about this person?

Your hopes and dreams?



What is the plan?

Who is this person?
What's important to me & how to support me

One of the biggest things missing from most people's individual plan is a real description or picture of who the person actually is.

In Person Centred Planning we make a lot of effort to make sure that we know who the person is (their character), what their life has been like (their story), what they have to offer (their abilities and qualities) and how they like to be treated and supported (their needs).

Who cares about this Person?
Building the circle of support

The most important person to help make the plan is the person themselves, but it is also a good idea to help them to ask or invite others who they know and like, to help out.

If they cannot all get to one get-together then perhaps a couple of sessions can be arranged. It is important that this is done in a relaxed, informal and involving way. Food and drinks usually help!

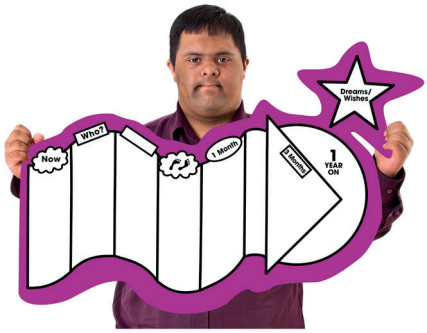
Over time this network of individuals can be grow into a natural support network - the circle of friends we all need.

What are the dreams? Goals and ambitions

We must ask people what they want out of life - even if we know that some dreams may not be fully realised.

These big ambitions show us what is important to individuals. As with most of us, they usually reveal a need 'to be somebody' to make a contribution, to have choice, control and independence, but also to have meaningful relationships.

The Action Plan - What, who and when?



We have found out about the person's ideal lifestyle. We then need to break things down, making goals that are positive and possible.

We need to work out what support people need, who are the people we need to involve and what we want them to do and by when.

We need to produce a plan, which is clear and accessible. The plan will then tell everybody what is important for the person now and in the future".

Organisations that can help with Resources and Training

Learning Disability Wales
Phone: 029 2068 1160
Email: enquiries@ldw.org.uk
Website: www.ldw.org.uk
PCP link: https://www.ldw.org.uk/resources/

Helen Sanderson Associates
Phone:
Email: info@helensandersonassociates.co.uk
Website: www.helensandersonassociates.co.uk
PCP link: https://helensandersonassociates.com/person-centered-thinking-tools/

Imagineer
Phone: 07572 322200
Email: info@imagineer.org.uk
Website: www.imagineer.org.uk
PCP link: https://www.imagineer.org.uk/templates/

Paradigm
Phone: 020 8870 8643
Email: hello@paradigm-uk.org
Website: www.paradigm-uk.org
PCP link: https://paradigm-uk.org/what-we-do/

Inclusive Solutions
Phone: 0115 955 6045/01473 437590
Email: inclusive.solutions@me.com
Website: www.inclusive-solutions.com
PCP link: https://inclusive-solutions.com/person-centred-planning/

Cymraeg

Mae'r ddogfen hon hefyd ar gael yn Gymraeg - gweler y dudalen Gymraeg ar ein gwefan.
This document is also available in Welsh - see Welsh page on our website.