

WHAT IS PERSON CENTRED PLANNING?

We all think about, and plan our lives in different ways. Some people have very clear ideas about what they want and how to achieve it; others take opportunities as they arise. Some people plan and then see how they can match their plans to reality.

Sometimes it is useful to plan in a structured way, and person centred planning provides a family of styles that can help do this. Person centred planning is not just about services, or disability, it is something that everyone can use to plan their lives.

Styles of person centred planning share common values and principles, and are used to answer two fundamental questions:

- • Who are you, and who are we in your life?
- • What can we do together to achieve a better life for you now, and in the future?

Person centred planning is not simply a collection of new techniques for individual planning to replace previous approaches. It is based on new ways of seeing and working with people with disabilities, fundamentally about sharing power and community inclusion.

"One of the most common misunderstandings of person centred planning is that is a short series of meetings whose purpose is to produce a static plan. This misunderstanding leads people to underestimate the time, effort, uncertainty, anxiety and surprise necessary to accurately support people's lives over time"

(John O'Brien and Herb Lovett.)

What can person centred planning be useful for?

- • Help people to work out what they want in their lives
- • Clarify the supports needed for people to pursue their aspirations

- • Help to shape the contributions made from a range of service agencies to ensure these are effective in helping people meet their goals
- • Bring together people who have a part to play in supporting people for joint problem solving
- • Energise and motivate people based upon better understanding of and commitment to a person
- • Show services how they can adjust their activities at both operational and strategic levels in order to better support people to achieve their goals

Key features of person centred planning

We believe in Day Services that Person centred planning has 5 key features:

- The person is at the centre
- Family members and friends are partners in planning
- The plan reflects what is important to the person (now or for the future), their capacities, and what support they require
- The plan helps build the person's place in the community and helps the community to welcome them. It is not just about services, and reflects what is possible, not just what is available.
- The plan results in ongoing listening, learning, and further action. Putting the plan into action helps the person to achieve what they want out of life.

Different styles for different purposes

Here in Day Service we have a number of examples of what PCP approaches the person may find useful when planning their future, or how the service can meet their needs.

- Better Day Plans
- Transition plans
- Employment plans
- Planning your holidays
- Friendship Plans
- The traffic light hospital
- In the event of my death
- Retirement plan