

## **Person Centred Thinking & Planning** **2 day course for parents/carers of children or adults with** **learning disabilities**



**When:** 19<sup>th</sup> & 29<sup>th</sup> March 2019 – from 10am -2pm

**Where:** Abell House, Horspath Driftway, Headington, OX3 7JH

**Cost:** £30 per person (concessions may be available, please get in touch to discuss)

**What is person centred planning?-** This is a way of planning that works for everyone but is particularly helpful for children and adults with learning disabilities as it helps us to plan in a more meaningful and structured way with them. For people who have more severe or profound disabilities this approach is vital as it helps us to understand the detail in their lives and what makes them 'tick' as individuals. It brings together the people who know them best to work together to ensure they achieve the best outcomes. The tools used help us identify what matters to the individual, what's important to and for them and how best to support them even if they can't communicate these things vocally. Importantly for families this way of planning actively involves us. It draws on the in depth knowledge we have of our child and includes the perspectives of other family members, friends and people who know them best.

### **The course covers:**

- An introduction to person centred thinking & planning
- What the person centred thinking tools are and how to use them
- Developing a one page profile and starting your first plan

### **Comments from past participants:**

*"I think you have given me back my little boy. Person Centred Planning has just freed me to get on with being a parent who loves and cares for their child" (Parent)*

*"Person Centred Planning gave my son a voice. It helped us to see him as the unique individual he is and helped us lose the labels he'd been given throughout his childhood. It helped us plan for his future and working this way continues to ensure he lives the life he wants to lead" (parent)*

**For further information and to book your place please contact:**

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