

Person Centred Planning

Why person-centred planning helps when planning for the future

- Person Centred Planning (PCP) is a form of life planning. It explores how a person would like their life to be and helps them to get the support to achieve this. The person is at the centre of any planning that takes place.
- It involves gathering information about your relative and using this information to solve problems and create more opportunities. It can help to shape a support plan and provide evidence as to why funding is needed.
- Families usually have the most detailed knowledge about their relative and person-centred planning helps to make sure this does not get lost or ignored.
- It is a way of involving other people who care about your relative to contribute towards their ideas.
- PCP starts with the person rather than with the services that are available. Reliance on services can be a disadvantage as people can become isolated from places and activities in their local community.
- PCP leads to action. It makes sure that things change in the way the person wishes and that this continues over the years.
- PCP can help you think about your relative's future. You can start with the here and now (what is important to/important for them) and gradually move on to thinking about your hopes for the future.

How person-centred planning shapes a care and support plan

- The Care Act says the care and support plan should be person centred and person led.
- People should be involved in their own care and support planning at the earliest stage as possible.
- It should be about a person's life, not just their assessed need and what needs funding.
- Using person centred planning and tools helps to gather the information that will be part of the assessment and care and support and planning meetings.

How to get started with person centred planning

The aim is to gather information that will be useful when planning for the future.

Like and Admire

Start with the question 'What do people like and admire about your relative'? This looks at what qualities they have or what they do that we appreciate and what are they good at. It focuses on the positive attributes of a person rather than on their disability.

Important to and Important for

Understanding what is important to them (a good life) and what is important for them (a safe and healthy life) is central to ensuring that they have a good life.

Important to means focusing on what they tell you, either verbally or through their actions and behaviour about the things that matter to them. This could be about specific items, eating certain foods, watching their favourite football team, friends, or family. It is also a good way of making sure your relative's culture, religion, faith or spirituality does not get overlooked.

Important for focuses on what keeps your relative safe, healthy, and well. This is likely to include medication, diet and therapy.

When planning for the future, deciding what is important to and for helps you prioritise what needs to be put in place to make things work as the information you gather can be shared with people who will be supporting your relative so that they work in a way that is responsive to your relative's personality and preferences rather than to the label of 'learning disability'.

You can download an Important to: Important for template [here](#)

What makes a good day and a bad day?

This focuses more on everyday life as it looks at what is important to and for on a daily basis. Look at the details of their daily routine and what works/does not work for them. If your relative is not able to tell you themselves, you can get their family and other support staff involved to help with ideas.

You can also think about what makes a best day and a worst day. This will give you the information about what needs to be built into your relative's day and what needs to be avoided.

You can download a Good day: Bad day template [here](#)

Hopes and wishes for the future.

As you start to gather information about your relative's current life, it will help you start to think about the changes they would or may like to make in the future.

The key questions to ask at this point are

- What are their hopes and wishes for the future?
- What are your hopes and wishes for them? It is important that everyone close to them is included in giving their ideas as sometimes siblings have a different perspective or view than their parents.
- What would a good life like them for them? it is important to include things that may not seem possible now like finding a job, having their own place to live, or having a partner so that they are not lost sight of. With the right support they may be able to work towards these goals.

Who are the important people in their life?

Thinking about who is important in your relative's life and how these people can help them to have more opportunities is central to person centred planning. They may be able to help problem solve or help them take part in activities.

You can use a relationship map to show who is currently involved and who might get more involved. It also helps support staff to support your relative to stay in contact with the people who are important to them.

You can download a Relationship circle template [here](#)

Decision Making Profile

The decision making profile creates a clear picture about how a person makes a decision and how they want to be supported in decision making. It helps them have choice and control in their lives by breaking the decision making process into 5 sections:

- How they like to get information
- How to present choices to them
- Ways you can help them understand
- When the best time for them to make decisions is
- When it is a bad time for them to make decisions

Think about the way they need the information presented so that it makes sense to them: This could be how they want you to structure your language, if they want written words, symbols or pictures or in an audio format.

You can download a Decision-making profile [here](#)

Building a history/story of your relatives' life

A personal history is useful because it

- gives a sense of history that can be used to inform and shape the planning that you are going to be doing now as well as in the future.
- can be shown to people who meet your relative socially or through work and to people who support your relative (with permission). This is important for individuals who have limited verbal communication as it enables them to let other people know who they are and the important things that have happened in their life.

Ways of recreating this history can be through a photo album or a memory box.

The importance of using person centred planning

You can use person centred information as a lever to make a case for what you think your relative needs: this could be funding or support or equipment or the kind of place they would like to live. You can use the information to back up what you are saying at a review meeting or when looking at a care and support plan.

Involving other people with person centred planning

PCP is an effective way of getting other people involved in your relative's life and can help build a group of people or circle of support around your relative.

- It can bring together knowledge and skills from different generations which can help identify different ways of creating opportunities or tackling problems.
- People may develop a commitment to your relative that may continue after you have died either by staying connected with them, doing activities together or being an advocate or trustee for a discretionary trust.
- If you think that you do not know anyone who could get involved in planning, use some of the PCP tools as you may realise there are several people you feel you could ask.

Making sure your relative is at the centre of a plan

Your relative may be able to say who they would like to be involved and where and when they would like to meet. If they find this difficult, think about what would work for them so that they felt that they were at the centre of what is going on.

- Let them lead as much as possible choosing who they would like to plan with, where and when to plan and at a pace that works for them.
- Use drawings, pictures, photographs, or any other media that works for them.
- Direct the discussion to them rather than around them.
- Give them space and time to think through their ideas about the future and support to say what they think.

Using person centred planning to make changes

PCP can be helpful in making both small and big changes in a person's life.

Even if your relative is not able to make decisions you can learn from how they respond whether a decision was the right one. You will get to know more about their preferences and have a clearer picture of what they would like to see happen in the future.

Using a learning log can help you gauge how well any changes have gone as you or the person supporting your relative can keep a log of your relative's activities based on their observations and use the learning to plan further activities.

Other templates you may want to consider using for person Centred Planning:

[Perfect Week](#)

[What's working/not working](#)

[The doughnut](#)

[Presence to Contribution](#)

[Matching Support](#)

[Learning Log](#)

[Decision Making Profile](#)

[Communication Chart](#)

Further resources on Person Centred Planning:

[Helen Sanderson: Person Centred Practices](#)

[Think Local Act Personal: Care and Support Planning Guide](#)

[OxFSN: Moving into Adulthood handbook – Person Centred Planning](#)

**Adapted from Thinking Ahead: a planning guide for families.
Together Matters.**