

Person Centred Planning

Tool

Life Box

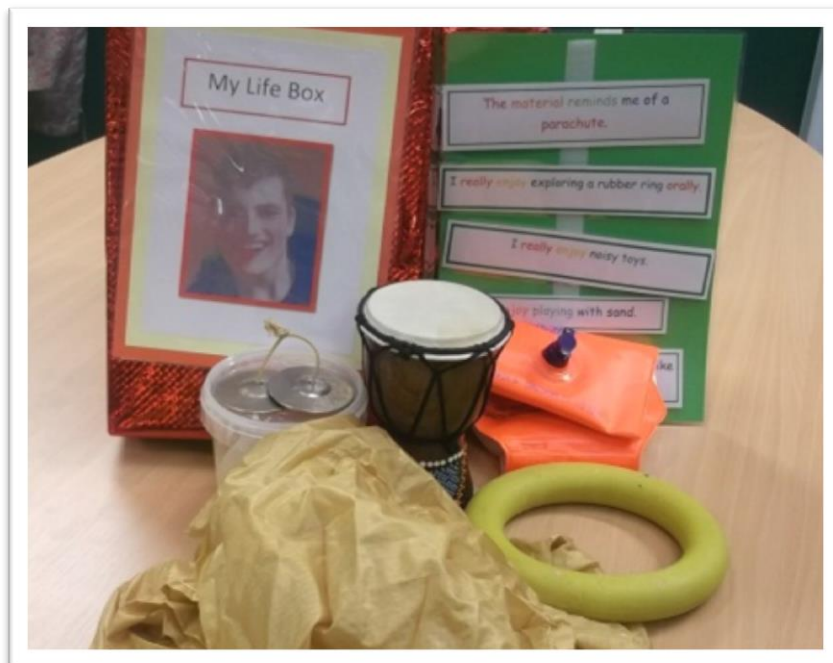
What is it?

Particularly useful for young people with profound and multiple learning difficulties.

It is a box that contains objects of reference for the person it belongs to. The objects in the box represent all the things that they enjoy taking part in, for example an armband for swimming, a bowl and spoon for cooking and so on.

How to use it:

Create the box together with the young person whilst getting to know all about him or her. Explore and develop the box together as you go along, and make sure you keep it updated. The box can then be used at review meetings, so that all representatives are aware and understand the young person's needs. This helps to engage the young person in their meetings and makes sure the young person is heard and included.



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How to make it

You will need:

- A cardboard box
- Wrapping paper
- Scissors
- Objects of reference
- Laminated card and Velcro

The box in the picture contains objects that represent things that the young person enjoys, including a box of sand – because he enjoys playing with sand, some parachute material and musical instruments. There is also a description of what each object means to the young person attached by Velcro to a piece of laminated card, so they can be changed easily and the contents are understood by everyone.

The box is decorated by coloured wrapping paper of the young person's choice – you should encourage the young person to take ownership of his or her box by decorating it in a way they find preferable.

Be creative!