

Person Centred Planning

What is Person Centred Planning?

5 Key Features

1. The person is at the centre of planning

Unlike traditional planning, PCP enables the person to take control of their own planning. They decide if they want to plan, who is involved, where and when planning takes place and control what is discussed.

1. Family members and friends are partners in planning

Traditionally planning for people with learning disabilities has involved a lot of professionals and family members and friends have often felt pushed out. In person centred planning the individual invites friends and family members to be equal partners in planning. The people who know the person the best are involved the most. Professionals can be involved but only by invitation.

2. The plan shows what is important to the person, now and in the future. It shows their strengths and what support they need

A person centred plan should contain useful information so that the person is respected and people know how he/she wants to live their life now and what they would like their future to look like. It should identify the person's strengths, the things that are important to the person and what others need to know to keep them happy, safe and healthy.

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3. The plan helps the person to be part of their community and helps the community welcome them

Person centred planning evolved from a belief in inclusion. A plan should show how the person is a part of their community and help them become more involved. It should also help people in the community welcome them by highlighting all the things that are positive about the person.

4. Things don't stop! Everyone keeps on listening and learning to make things happen.

Planning doesn't stop at the first draft of a plan. Person centred planning involves action planning – things should change for the individual. Everyone involved should keep listening to the person and learning about what they might want.



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What person centred planning is NOT

There have been some negative reactions from some people about person centred planning. To help dismiss some of the negative myths about person centred planning here are some of the things person centred planning is not.

1. The same as assessment and care planning

Assessment and care planning are done so that services know how to allocate money and support. Although this benefits the individual and their views are taken on board, care planning is not the person's plan.

2. The same as a review meeting

Review meetings are again done for the benefit of organisations to see if the plans they put in place are working. They are usually carried out at the convenience of the organisation.

3. Only for people who are easy to work with

Person centred planning is for anyone who wants it. Children, young people and older people. Person centred planning can be particularly useful for individuals who are described as having challenging behaviour, people with little or no formal communication, and people with complex needs.

4. Something that should be done 'just for the sake of it'

As person centred planning grows, lots of organisations are making policies about person centred planning and setting unrealistic targets like everyone should have a plan by Christmas! If people are forced into planning in this way they will feel it's not their plan – completely missing the point of person centred planning.