

Person Centred Planning: The Process Made Easy



STEP ONE – Get to know the person

STEP TWO – Describe the life they want

STEP THREE – Figure out how to get there

STEP ONE

Person centred planning starts with getting to know the person as a unique individual. It does this in the following way:-

- By being creative about how information is gathered or discovered.
- By focussing on the positives.
- By unlocking the persons gifts and qualities.
- By asking 'who are you?' rather than 'what is wrong with you?'

This information can be gathered by asking lots of creative questions of the person and those who know and care about them such as:

- What do others like and admire about them?
- What are their likes and dislikes?
- What things are most important to them?
- What makes them happy or sad?
- How do they communicate with others?
- How do others communicate with them?
- Do they have any significant routines or rituals?
- What is their story or history?
- What places do they like to go?
- Who are the important people in their life?
- What are their gifts, qualities and skills?

You could also use one of the known 'tools' for Person Centred Planning. Essential Lifestyle Planning is a really good tool to use to get to know someone well.

STEP TWO

Here are some of the ways that you can establish the kind of life that a person wants:

- Thinking about hopes and dreams for the future.
- Focussing on something that they want to change.
- Finding out the things that are working that need to be maintained or developed and the things that are not working which need to change.

Essential Lifestyle Planning can be used to think about the persons life now and what needs to stay the same and what needs to change. PATH, MAP and Personal Futures Planning are all Tools which focus more on the future by looking at the persons dreams. These tools are referred to as 'futures' planning tools.

STEP THREE

Having described the life that the person wants it is important to work out how they are going to get there.

This part of the Person Centred Planning Process is the Action Planning step.

Any of the known tools can be used to do this but PATH is recognised as being particularly good.

