

# The Impact of Person Centred Planning A Summary for Service Users

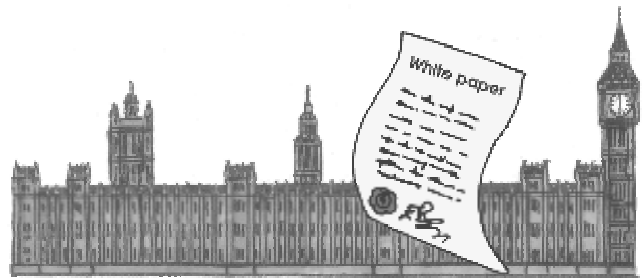
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You can find out more about this project on our website



[www.valuingpeople.gov.uk/pcpresources.htm](http://www.valuingpeople.gov.uk/pcpresources.htm)

The Government wants people with learning disabilities to have a person centred plan. This is a big part of the White Paper *Valuing People*.



Not much was known about Person Centred Planning. We did a research project to find out more about it. We asked:

Does person centred planning change people's lives?  
How much does person centred planning cost?  
What helps make person centred planning work?  
What stops person centred planning working?



We trained people to do Person Centred Planning in four places in England.

We asked people who were supposed to get a Plan in these places if they would take part in the research. A lot of people (93) said "yes".

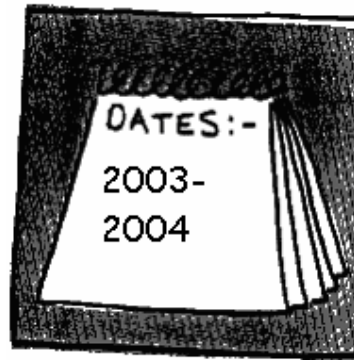


All sorts of people said "yes" and took part in the research. Some were young, some were old. Some lived with a little help. Others lived with a lot of help. Some lived in well off areas. Some lived in poorer areas. We wanted to see if PCP worked for them all.



We kept in touch with these people for two years.

Not everybody got a plan but most did (65 out of 93 people).



Training cost £658 for each of the 93 people.

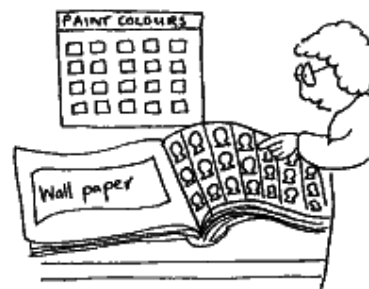
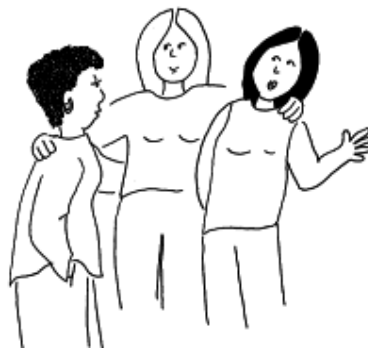


We collected a lot of forms over the two years! We wanted to see if people's lives changed because of Person Centred Planning.



For the people who got plans, we found that:

- ✓ there were more people in their lives
- ✓ they had more contact with family
- ✓ they had more contact with friends
- ✓ they took part in more activities in the community
- ✓ they took part in more day activities
- ✓ and they got more choice.



However Person Centred Planning did not change some areas of people's lives:

- they did not get more people in their lives who were not family or part of services
- they did not get jobs
- they did not get more exercise
- they did not get less strong medicines called "psychotropics".



Person Centred Planning can work! Services need to make sure that everyone gets the chance to plan.

Services need to make sure that it helps all areas of people's lives.

