

Person Centred Planning for People in Ireland who have Disabilities

Easy-to-Read Summary.

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Thanks

Thank you to everyone who helped us with this booklet.



Mencap helped us make this easier to read and we used “Worth a 1,000 Words” photosymbols.

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What is this booklet about?



This booklet is about person centred planning.

Person centred planning is a way of finding out exactly what sort of life someone wants – then planning ways of making this happen.



This booklet was written by the National Disability Authority. It is our job to help make sure people with disabilities get good services and support.



We think that using person centred planning will make services better for people with disabilities.

How does person centred planning work?



We want all services to be planned to suit the needs of the people who use them. But everyone is different.

So person centred planning helps service providers find out what **you** want and need. Once they know what is important to you they can plan better services and support.



The most important thing to remember is that person centred planning is about what **you** want your life to be like.

Any support or services you get should be planned to help you live the way you want.

What do we need to find out?

These are some of the questions we should try to answer when doing person centred planning:



- what is important to you?



- how do you want to live your life?

- what is good about your life now?



- what things upset you?

- what would you like to change about your life?



- what are you good at?



- what hopes and dreams do you have?



- what choices do you have now?



- who could help to make things better for you?
- what support do you need?

Making a plan



All the answers from these questions can be used to make a plan for how you want your life to be.



It is not just about what services you get. It is about all parts of your life and all the things which make you happy or sad.

The plan will include anything you want. But it should say:



- what you are like and how you want to live your life,



- what new things you want to do and how you can do them,



- what you, your friends and family, and your service providers could do to change the things you don't like about your life,



- what support or services you should get.



You can keep this plan for life. If you want, it can be looked at again from time to time in case there are things you want to change. You can change your mind about what you have in your plan.

Everyone's plan is different. What is important to you might not be important to someone else.



Your plan can even look different. It can be whatever you want – a book, a video or even a painting.

It does not matter what your plan looks like. What matters is that it is used to make your life better.



A good plan will help you change your life in the way you want.

Who will help me make a plan?



Usually lots of people help to answer the questions and come up with ideas for your plan. You can meet with them one at a time, or you can have bigger meetings where everyone gets together to share ideas.

These are the people who might take part in person centred planning meetings:

- **a plan facilitator**



This is someone who knows all about person centred planning. They can help you decide what you want. They can come up with ideas for how to change things. If you do not get on with this person you can ask for someone new.

It is important that you get on with the plan facilitator because they will be doing a lot of work with you. They will help at meetings by making sure everyone gets a say. They will make sure people do not talk about things you don't want them to talk about. They will write down the ideas people come up with. They will make sure that everyone remembers that your thoughts and ideas are what really matter. They will have to tell someone if you are not being treated well.



- **your supporters and carers**

The important people in your life who support and care for you are called your “circle of support” or “network of support”. It can include your family, friends, advocates and service providers. If you do not want someone there you can say so.



- **someone who will make sure the plan is put into action**

This could be one person, or a group of people. They have the job of making sure the things in your plan actually happen.



- **you!**

It is important to listen to everyone’s thoughts and ideas, but it is **your** thoughts and ideas which are the most important.

Making it work



Person centred planning is not easy. And it can take a lot of time and a lot of work to actually make the changes talked about in your plan.



If you feel things are going wrong, or are taking too long, you should say so.

You should also speak out as soon as possible if you want to change something in your plan.

How to get a person-centred plan



If you use services, your service providers should talk to you about person centred planning.

If you do not have a plan, they will ask if you want one. You can say yes or no.



If you already have a plan, they may ask to see it. If you do not want them to see it, or to take a copy, you can say no. But it would help them to see it. It will tell them how they can help you.



It is your plan, so if they keep it for you, they must make sure you can get it when you want it. They should also tell you what they will do with your plan, and who they might show it to.



If your plan was done a while ago they might ask if you want a new one. You can say no if you want.



How to get more information or extra copies of this paper.

To find out more or get extra copies of this paper, you can write to us at:

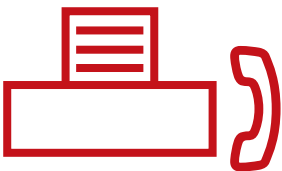


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