

Person Centred Planning – Putting the Person First (Part of Preparation for Adulthood)

Person-centred planning is a way of supporting a person to achieve the things that are important to them in their life. There are different person-centred approaches, but they all focus on three key questions:

1. **Who are you?**
2. **What is important to you?**
3. **What support do you need to achieve the things that are important to you?**

Traditionally, a person-centred planning meeting includes the person and their “circle of support”. This is a group of people who come together to support a person to plan and can include friends and family as well as paid professionals.

The meeting has a facilitator who guides the conversations and somebody to record what is agreed. In our experience a good plan can be developed in a couple of hours.

Once we have a plan which clearly sets a person's hopes and dreams for now and in the future and outcomes are agreed, reviewing the plan is much more straightforward.

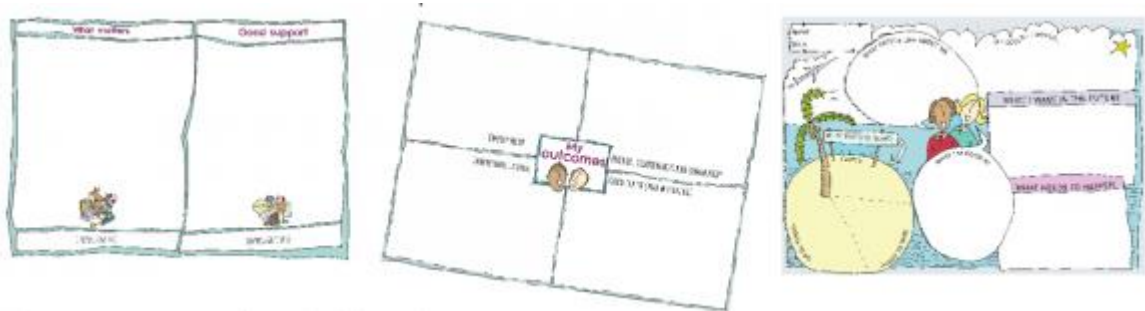


The questions that the facilitator uses to guide the conversation are:

- What do people like and admire about you?
- Who are the important people in your life?
- What is important to you, now and in the future?
- What is important for you now and in the future?
- What is working in your life?
- What is not working so well?

Once this information is gathered it is possible to agree the outcomes that everyone will work towards and then people agree what they will be doing to support the person to achieve their outcomes.

New Tools for PCP



The recently launched person-centred planning tools [can be found here](#). The tools can be downloaded as an editable PDF or a printable version.