

What is a Person Centred Plan?



Making a plan to make your life better

Jan 2010

Leaflet number: 0031

What is a Person Centred Plan?



A Person Centred Plan (**PCP**) is a plan about your life and how you want to live it. **It is your plan.**



You choose who helps to make it.

You choose how it looks.



Your PCP can be

- on paper



- in a video



- on the computer



You can use

- pictures

- colours

- symbols

Questions?



01702 215008 Ext 4689

Who will help me with my Person Centred Plan?



You can choose someone to help you create the plan.

They will help to run your PCP meetings.



They will help you think about what you want from life.



They will also help you talk to the right people to make the plan happen.



Different people will help you carry out different parts of your plan.



Include everything you want in your PCP but be realistic about what and when it can happen.

Questions?



01702 215008 Ext 4689

What will happen at my Person Centred Plan meeting?



You decide who to invite to your meeting and where it will happen.

You could have your meeting:



- at a day service centre



- at home



- somewhere else where you feel happy

The people who come to your meeting will talk with you about all parts of your life.

You will be able to say:

- what is important to you
- what you like to do
- what you want to do in the future



Questions?



01702 215008 Ext 4689

How long does it take to make a PCP?



You can have as many meetings as you need to make your plan. You can decide how long these last.

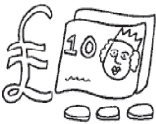
How long does the PCP last?



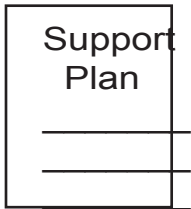
Your PCP should be regularly looked at. This should happen at least twice a year.

It should change as your life changes.

What is a Personal Budget?



A **Personal Budget** is the amount of money you can spend on your support. It lets you live your life as you want to.



You can use your PCP to decide how to spend your **Personal Budget**. It is then called a **Support Plan**.

Questions?



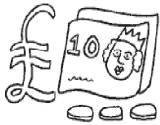
01702 215008 Ext 4689

What is in my Support Plan?



Your **Support Plan** will say:

- What is important to you and for you?
- What do you want to change or do?
- How will you stay safe, healthy and well?



- How will you spend your money?
- How will you be in charge of your support?
- How will you stay in control of your life?



- What are you going to do to make this plan happen?
- What could go wrong with this plan?

Questions?



01702 215008 Ext 4689

How do I get a PCP?



Anyone who wants a PCP can start one.



Residential homes and day services are already helping people make **Person Centred Plans**.



If you want to start a plan, then talk to a member of staff you know. Or you can contact a **Person Centred Planning Coordinator**:



Jo Dickinson (Monday to Wednesday)
01702 534297

jodickinson@southend.gov.uk



Matthew Mint (Monday and Tuesday)
01702 534953

matthewmint@southend.gov.uk

Questions?



01702 215008 Ext 4689

Thank you



To CHANGE Picture Bank and Blackpool Learning Disability Partnership Board for letting us use their pictures. CHANGE campaigns for equal rights, good services, and good information for people with learning disabilities.



To SHIELDS for checking that this leaflet is useful and easy to understand.

Other formats and languages

You can get this this leaflet in **big print**, Braille, on audio tape or computer CD. We can also translate it into other languages.



If you, or the person you care for, would like this leaflet in another format or language, contact Customer Services:



01702 215008 Extension 4600



council@southend.gov.uk