

Person Centred Planning and People with High Support Needs

Ideas Pack

Notes from Person Centred Planning Workshop and people
with High Support Needs

Held on 22nd January 2007 at Rainham Healthy Living
Centre



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Pack Introduction

The Valuing Medway Partnership Board on 22nd January 2007 facilitated a workshop about person centred planning and people with high support needs.

Notes taken from the workshop have been put in this 'Ideas Pack' to support people person centred planning with people with high support needs.

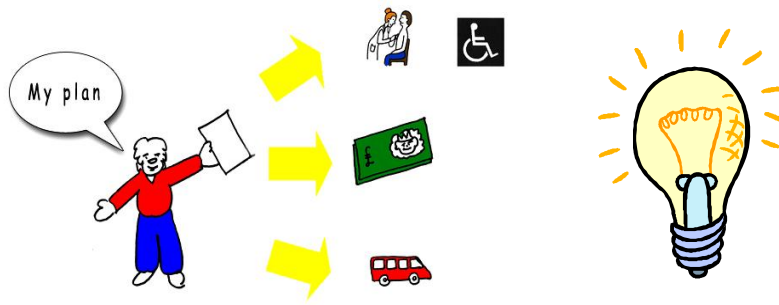
In no way is the 'Ideas Pack' a definitive list of ideas, but it should provide a good starting point and discussion tool for people wanting how to support people with high support needs with person centred planning.

Thanks to all the people who took part in the workshop for all their ideas and enthusiasm.

For more information on person centred planning in Medway see the valuing Medway people Partnership Board website www.valuingmedwaypeople.org

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Ideas - Time and Money

Dilemma - How can Person Centred Planning help with little Time and money available?

Ideas

- It gives you a chance to work through your ideas and not live a life wondering 'what if?'.
- It can give you a chance to dream and not feel guilty about having dreams. It allows you to have both realistic and unrealistic dreams for the person and be like everyone else!
- It can help you be more organised in your life and give you a better sense of knowing where your life is going.
- It can help you find the answers to your problems and raises your self-esteem, as you are part of sorting out your problems.
- Person centred planning doesn't have to cost more money e.g. Make use of your library and access its resources e.g. computers, Internet, information on local clubs and societies, to find out other things to do in Medway.
- It can make you think about using your community more and finding out about the resources that are available in it e.g. volunteer bureau, Carers Centre, Sunlight Centre. If you don't use your community resources you lose them!

- As you find people with similar interests it can help set up more community support groups, friendship groups and networks.
- It can let local groups know there is a 'gap' in the market and they can change their service to cover what you want.
- When family carers are involved in budget planning of services money will be used more wisely and time - so it would save money.
- Charities and grants can help you with person centred planning.
- It can give people hope and help them realise that they aren't alone.
- Sometimes a big dream may be too far to go but by thinking about the most important things in the dream people can find a way of making these things happen. E.g. if a person wanted to be an fighter pilot but because of their disabilities this would be impossible - the circle of support could help the person look at why they wanted to be a fighter pilot and do things that were connected to this e.g. go on a fighter pilot simulator, go to see fighter plans at a museum, go to a fighter pilot re-enactment, visit the local museum, get in contact with ex-fighter pilots in your local area.
- Gives you control of your life and places you in the centre of decision making. Getting together with people who care for you needn't cost anything!

If you would like more information on person centred planning contact:

www.valuingmedwaypeople.org.uk

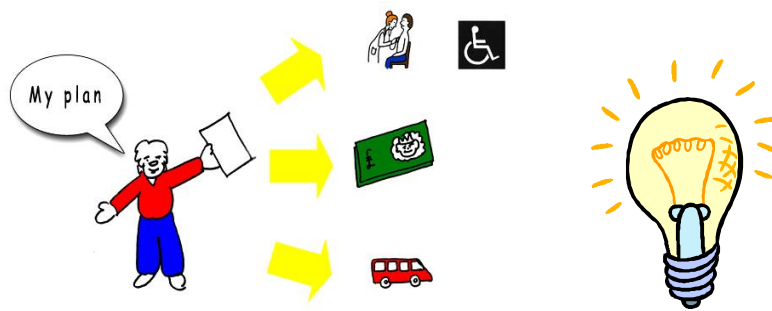
www.valuingpeople.gov.uk

www.familiesleadingplanning.co.uk

Medway Princes Royal Carers Centre: 01634 577340

Beth Peal – Person Centred Planning Co-ordinator 07920 548723





Ideas: Friendship

Dilemma - How Can I Develop a circle if I have no friends or support?

Ideas

- Contact the local self-advocacy group at the Sunlight Centre.
- Contact groups of similar interest e.g. the Princes Trust Medway Carers centre, Carers Forum and see if they can help or give you ideas.
- Ask your Care Manager for ideas.
- Contact the volunteer bureau and see if they know anyone who could support you in getting a circle going.
- Look on the Internet for support and information e.g. Circles Network website, Valuing People website.
- Take the plunge and get in contact with someone whom you have lost 'touch' with.
- Don't be afraid to start small with your circle of support - 2 people in a circle of support is better than 1!
- Ask for support from health professionals you are involved with.

- Contact your friends, and families to ask for their help in setting up a circle.
- Speak to the person to find out who is most important to them and support them to do invitations to people who they want in their circle of support.
- Speaking to people who have had experience setting up a PCP circle - get ideas and enthusiasm.
- Contact Beth Peal for person centred planning advice.
- Find people who have similar interests e.g. local clubs and societies.
- Don't try to do everything at once - have confidence in working at your own pace.
- Ask other people to help with one-off tasks - someone may not be able to commit to being part of a circle but may be pleased to help with a one off task e.g. typing a letter, supporting someone to fill in a form.
- Visit your local library and ask them for ideas.

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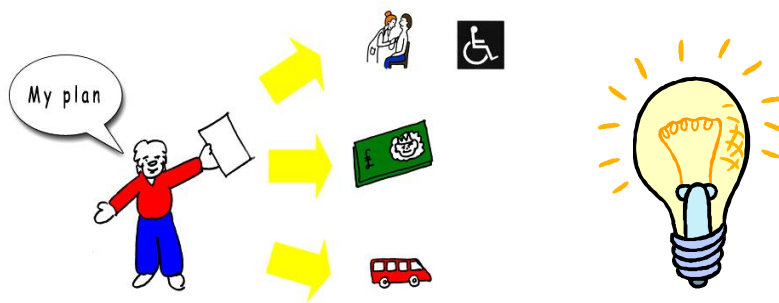
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Ideas - Communication

Dilemma - What things can we do if people are unable to talk to enable them to make a choice?

Ideas

- Be creative and don't assume.
- Look at someone's body language, facial expressions and remember we all have 'bad days'. Sometimes you need to try things more than once to work out if you like it or not.
- Get support from advocacy services.
- Understand/get to know a person's body language and facial expressions.
- Trial and error - give people a taster, i.e. activities. Try out different things.
- Keep a record of a person's responses to different things for future reference.
- Ask their families/people who know them well - don't be afraid to ask others, families are often 'experts by experience'.
- Show them pictures/objects - don't just talk about it to someone - have reminders, jog someone's memories.

- Review regularly what someone likes - tastes change e.g. not everyone's favourite meal as an adult was their favourite meal as a child.
- Use their preferred method of communication - find out if the person has a communication passport. If they don't - start out a communication passport.
- Make a questionnaire, or talk to people, about what they think is important to the person - be creative! Ask as many different people who know the person as you can e.g. support worker, family, music teacher, shop worker, bus driver, neighbours etc.
- Try communicating in different ways e.g. take photos of the person in doing different things and activities etc.
- Ask other people with a learning disability who like the person and spend time with them what they think is important to the person.
- Support the person to make a 'portfolio' or a CV or list of achievements/gifts.
- Make a DVD about the person and their likes and dislikes.
- Ask your speech therapist for ideas about communication and try these ideas out.
- Start a life story history book/DVD - find out someone's history and explore things that the person has liked doing and see if they can do this again.

If you would like more information on person centred planning contact:

www.valuingmedwaypeople.org.uk

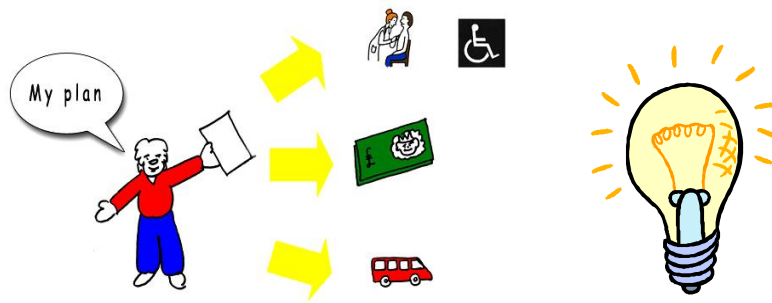
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Ideas - Communicating choice

Dilemma - How do we know what someone's dreams and wishes might be?

Ideas

- Be creative and don't just stick to forms! Have confidence in your skills and your knowledge of the person.
- Ask them! Look at someone's body language, facial expressions, sounds etc to find out what they think.
- Trial and error - try out new things.
- Ask their families and believe in what family carers have to say,
- Involve advocacy services.
- Involve speech and language therapists.
- Make a questionnaire, or talk to people, about what they think is important to the person - be creative! Ask as many different people who know the person as you can e.g. support worker, family, music teacher, shop worker, bus driver, neighbours etc.
- Ask other people with a learning disability who like the person and spend time with them what they think is important to the person.
- Have regular person centred reviews.

- Keep a diary of successes and things the person has liked - also keep a note of lessons learnt!
- Invest time in finding out about the person's family or culture. Are there any family or cultural traditions? Is there a particular family favourite meal the person likes to enjoy?
- Listen and believe in what family carers have to say.
- Support the person to have a tangible collection of objects to help them make choices.
- Celebrate when things have gone well.

If you would like more information on person centred planning contact:

www.valuingmedwaypeople.org.uk

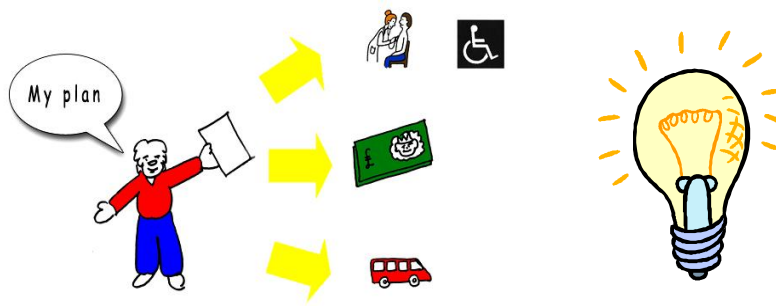
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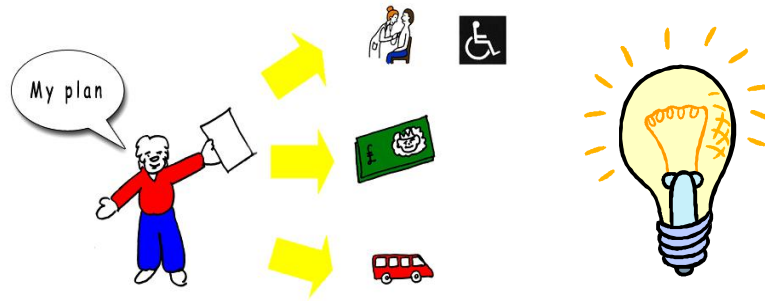




Resources

Useful Person Centred Planning Websites For People with High Support Needs





Valuing People Support Team	www.valuingpeople.gov.uk
Valuing Medway People Partnership Board	www.valuingmedwaypeople.org
British Institute of Learning Disability	www.bild.org.uk
Clear 2 Us	www.clear2us.org
Sensory World	www.sensoryworld.org
The Challenging Behaviour Foundation	www.thecbf.org.uk
Medway Carers Centre	www.medwaycarerscentre.org.uk
Commission for Social Care Inspection	www.csci.org.uk
Ask Mencap	www.askmencap.info



People you could invite to a circle meeting

Ideas

	<p style="text-align: center;">Family</p> <ul style="list-style-type: none"> • Family and family carers <ul style="list-style-type: none"> • Family carers • Mum, dad, sister, aunt, uncle, cousin.. • Boyfriend/girlfriend/husband/wife
	<p style="text-align: center;">Friends</p>
	<p style="text-align: center;">Neighbours</p>
	<p style="text-align: center;">Paid supporters</p> <p style="text-align: center;">Staff - where you live</p> <p style="text-align: center;">Staff - that support you during the day</p> <p style="text-align: center;">Staff who support me with my health e.g. community nurses, doctors.</p>
	<p style="text-align: center;">People you see at leisure groups, clubs, evening classes and pub.</p>

	<p>Care Manager</p>
	<p>Advocacy workers</p>
	<p>People from your church, temple or religious group</p>
	<p>People who supported you in the past - Like people you used to live with?</p>

Relationship Map - Finding Out Who is Part of My Life?

