

Person Centred Planning

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Colin Newton

Derek Wilson

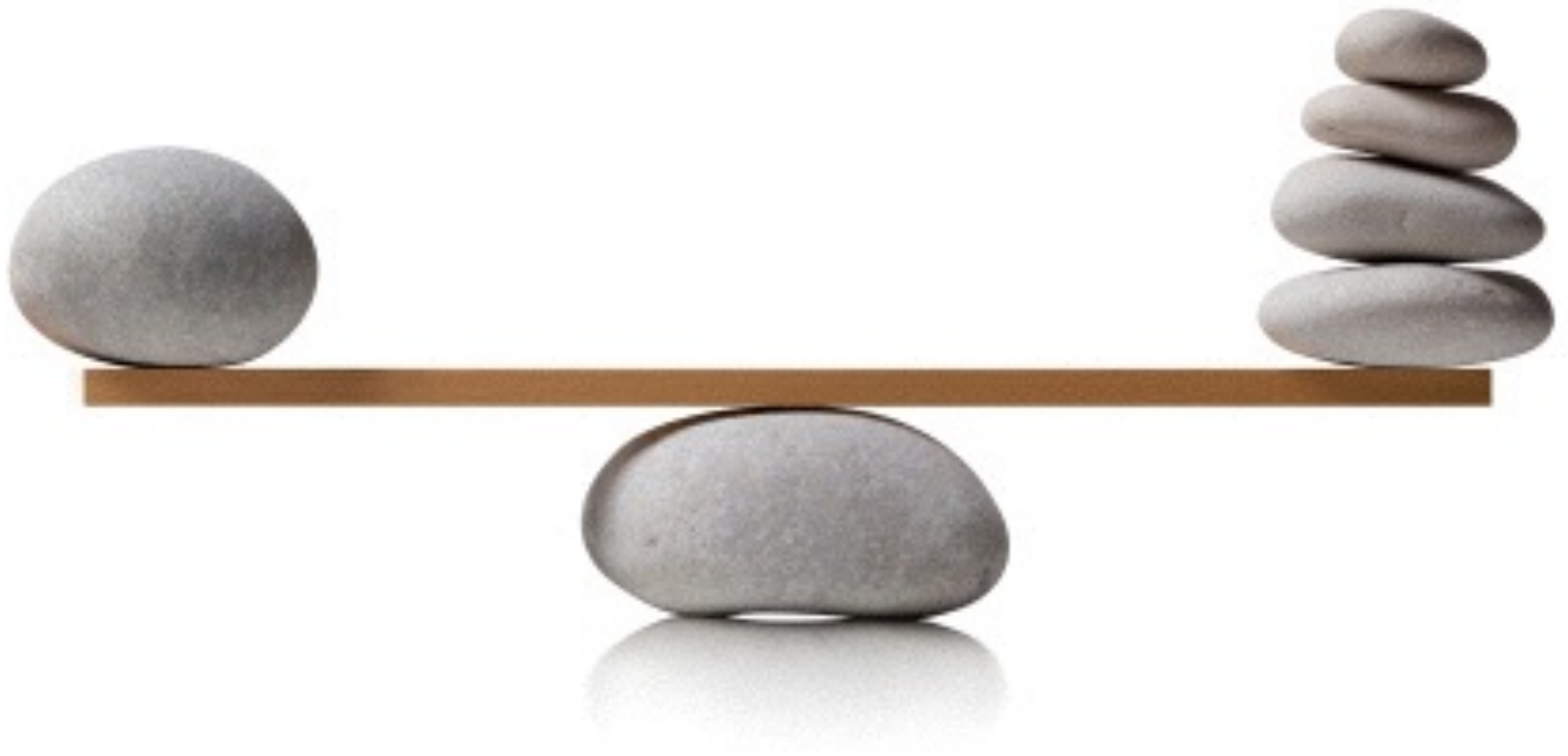
Mohawk Prayer

Because we're human, we're going to mess up, we're going to make errors and omissions. So we are asking for your forgiveness in advance...

Approaches to Planning for Challenging Children and Young People

Traditional

Person Centred



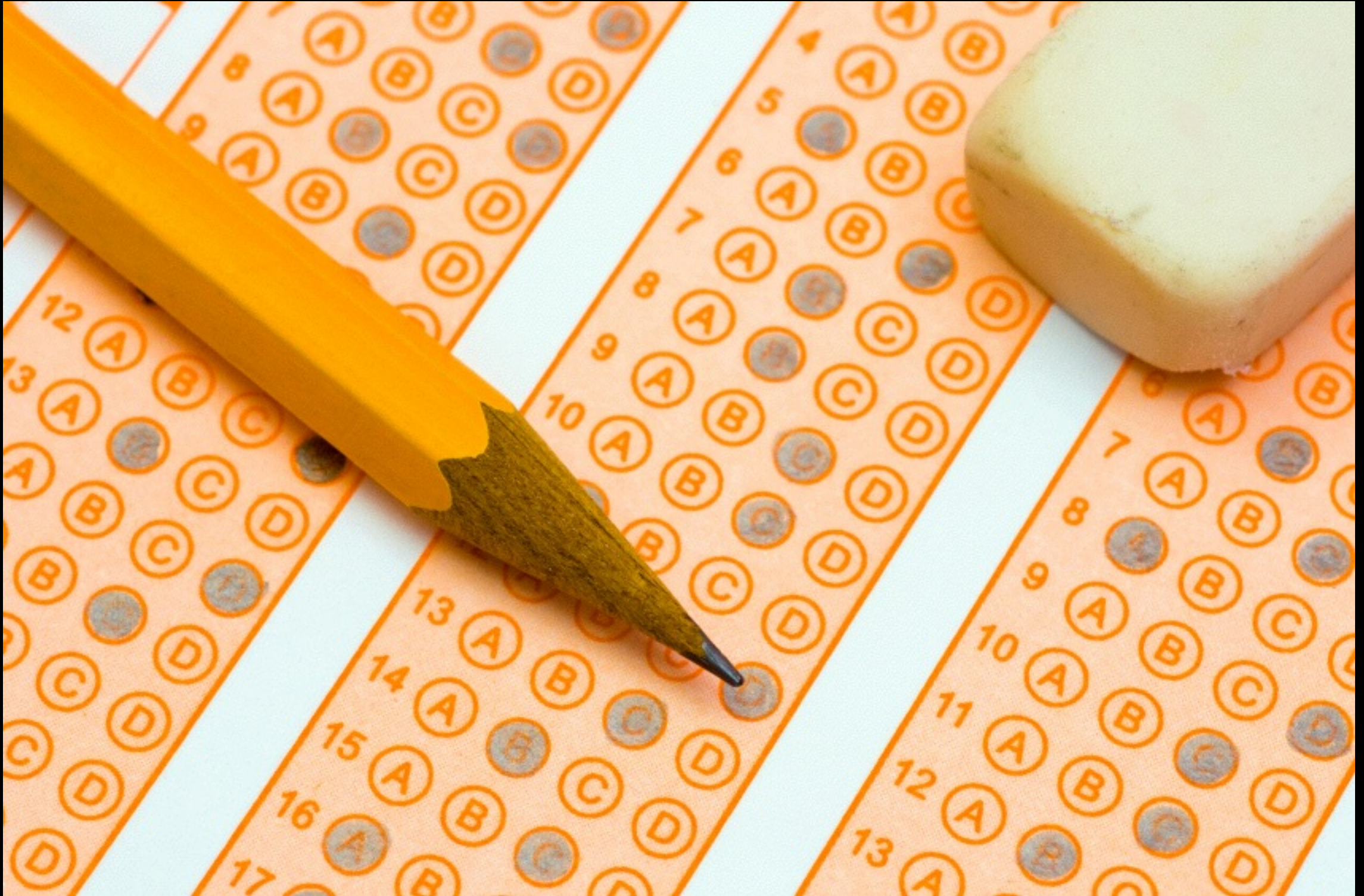
Traditional Approach

Test

Deficit focus - whats wrong?



Diagnosis and Treatment



Clinical

Case - Client



Reports in A4

[illegible]



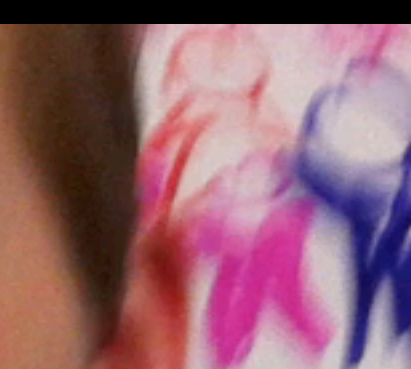
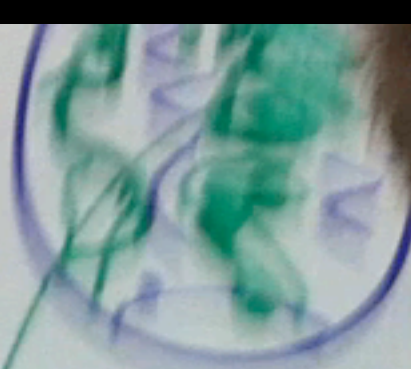
Person Centred Capacity

A young man with short brown hair, wearing a white lab coat over a white t-shirt, is sitting at a light-colored wooden table. He is looking directly at the camera with a slight smile. On the table in front of him are several glass beakers and plastic containers. One beaker contains a yellow liquid, another a red liquid, and a small plastic cup contains an orange liquid with a red straw. There are also empty plastic containers. In the background, another person in a white lab coat is partially visible, standing near a black chair. The word "Strengths" is overlaid in large black text across the center of the image.

Strengths



Who is this person?



FREE



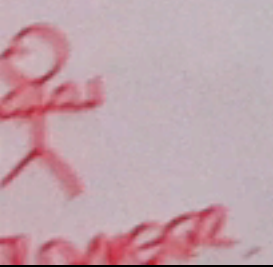
VISIT
FRIENDS

GET TO
COLLEGE

QUEST

POSSIBLE

ME



MET
AT
COLLEGE

Connections





Relationships

Graphics



Person Centred or Traditional?

◆ TRADITIONAL

- ◆ 1. Test
- ◆ 2. Clinical
- ◆ 3. Client
- ◆ 4. Diagnose/fix
- ◆ 5. Deficits focus
- ◆ 6. Reports/A4 text

PERSON CENTRED

- 1. Capacity
- 2. Strengths
- 3. Person
- 4. Connections
- 5. Relationship focus
- 6. Graphics

Dimensions of Inclusion

- ↔ Contributing
- ↔ Choice and Control
- ↔ Sharing ordinary places
- ↔ Being someone
- ↔ Belonging

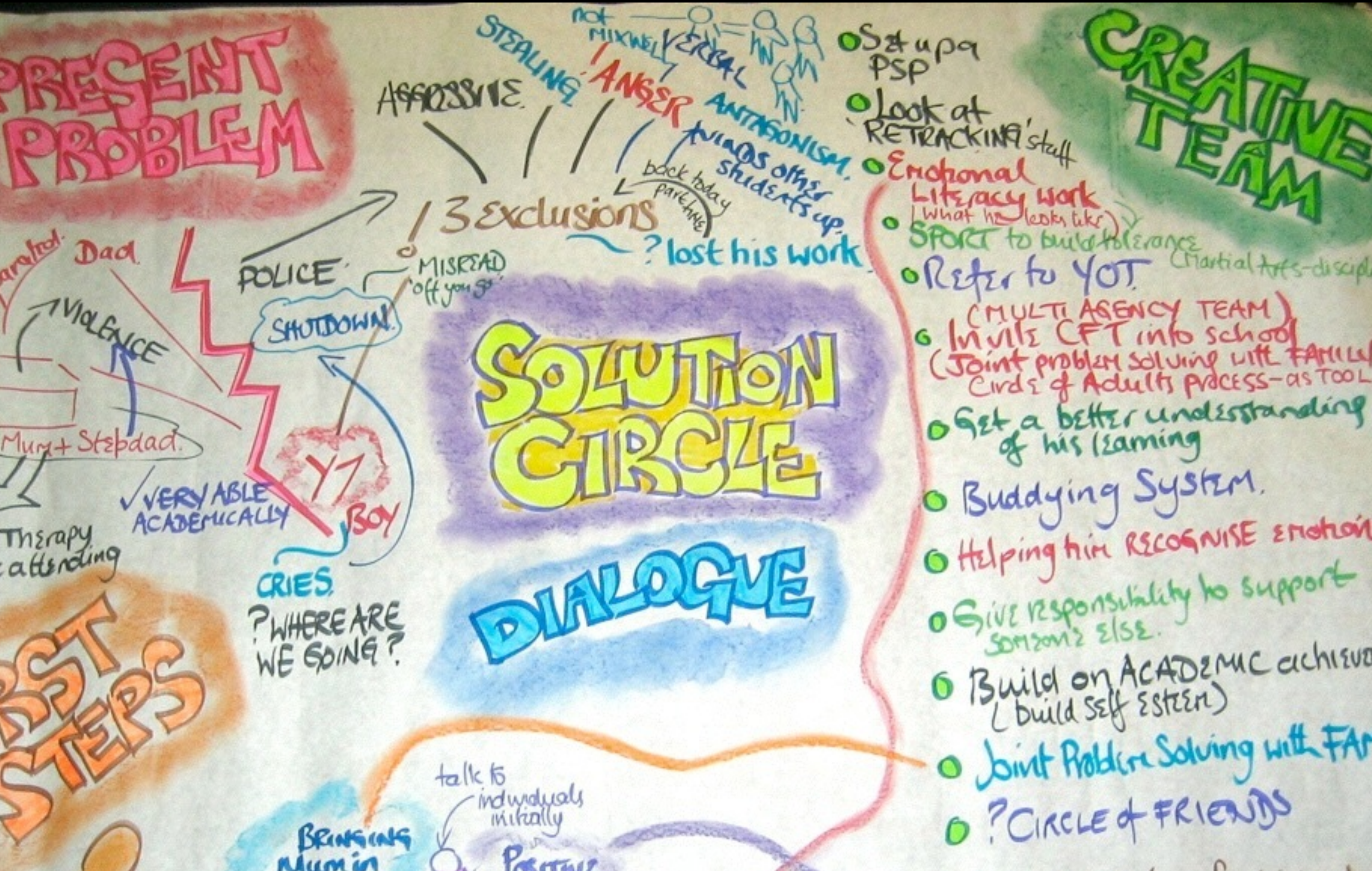
All people share same
ordinary needs.

With or without
Special Needs.....

Facilitation Tips

- Active Reflective Listening - reflect back
- Look after focus person
- Involve Group
- Set a good tone at start - keep relaxed feel
- Be firm and clear - boundaries
- Use humour
- Keep an eye on time
- Amplify positives and possibilities

Graphic Tips



Community of Practice

- ◆ Developing a Users Group
- ◆ Safe situation to develop
- ◆ Monthly session
- ◆ Try out and report back
- ◆ Be on receiving end before doing to others

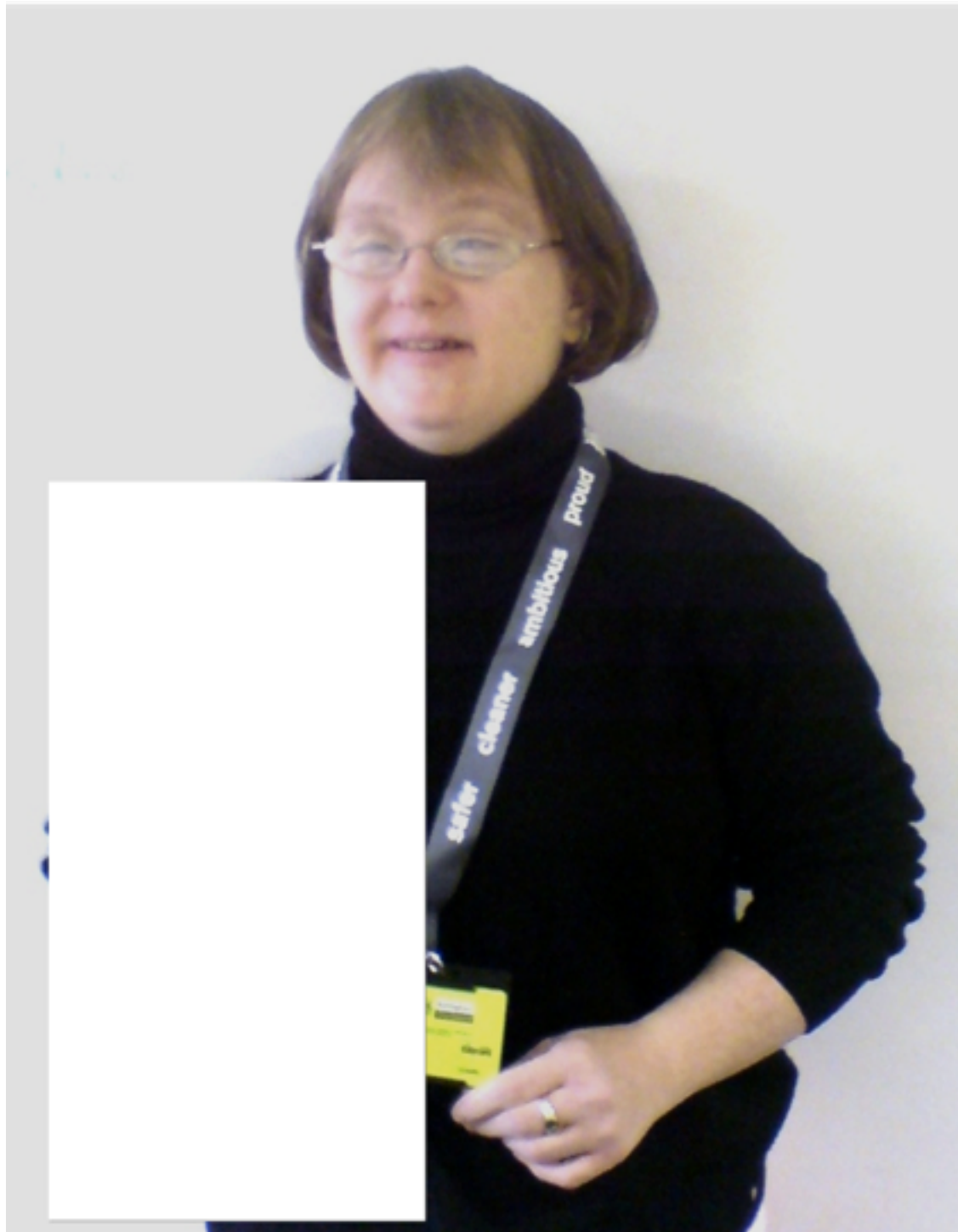
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One Page Profiles to Living Descriptions



What?



- One Page Profiles provide a snap shot of who a person is
- They are a great place to start planning
- Can be developed by the person and those that support them quickly and easily

Why One Page Profiles?

- Provides a holistic picture of who the person is
- Useful for staff who do not know the person, new staff, bank and relief staff to get to know someone quickly
- Helps us learn more about who the person is and what is important to them and balance this with how to keep them healthy and safe
- To describe a person in a particular situation
- To help to build person centred thinking into organisations

What you can do to help me

I feel like everyone else but I sometimes need a little more help. If you could give me clear and simple instructions and repeat instructions to me that would be really good. Also, I find visual aids very helpful and if you could give me an idea of what we will be learning in the lesson before it starts that will help me get ready for it. Thank you

Ways ABA support helps me

Leaving me to do the things I can but helping me when I am stuck.
Helping me in the playground as I find making new friends or understanding new games really hard.
ABA helps explain things in a way that I can understand and learn better.

My Worst Possible Day

Traffic making me late for school.
Children being really noisy and misbehaving.
Lots of complex instructions that I don't understand.
No-one to help me get things organised.
Sitting too far from the board so I can't see it.
Noone to play with at lunchtime or not understanding the game.
Getting a detention.

Me

My name is Ayusman but everyone calls me Babu. I am from India and I moved to England when I was 5. I live in Wimbledon with my mum, dad and 3 year old brother, Jackie. I want to be an astronaut when I am older.

Words that describe me best

very friendly
always cheerful
helpful
kind

My strengths and talents

Numbers and calculations in my head. My friends in primary school called me Mr Calculator.
I'm also really good at remembering dates and times.
I can remeber new facts well.

My favourite things

My favourite foods are chocolate, rice and vegetables.
I love travelling and visiting new countries
I love the Guinness book of records and learning new facts.
My favourite subject is Maths.
I like watching shows about Space and nature.
I love going to Theme Parks like Thorpe Park.

An Ideal Day

My escort is on time to take me to school.
The other children don't argue or fight.
The class is quiet for me to listen to my teacher and do my work.
My teacher likes my work.
I play games like chase or be a goalie at lunchtime.
We use maps in Geography.
I have a Numeracy, ICT and Art class
I earn some House points
There is fish and rice for lunch

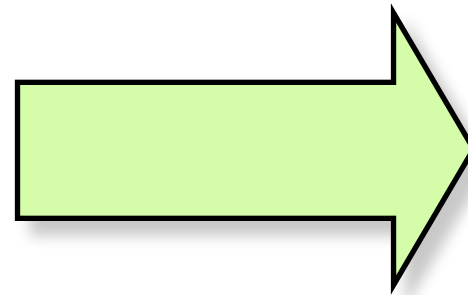
My fears and worries / Things I dont like

Sudden noises
When things suddenly change
When I don't know what's going to happen next.
When people are late
When people use too much language
I dont eat meat but I eat fish



Building A One Page Profile: Core Elements

What People
Like and
Admire about
the person



One Page
Profile

Important to
the person

How to best
support
the person

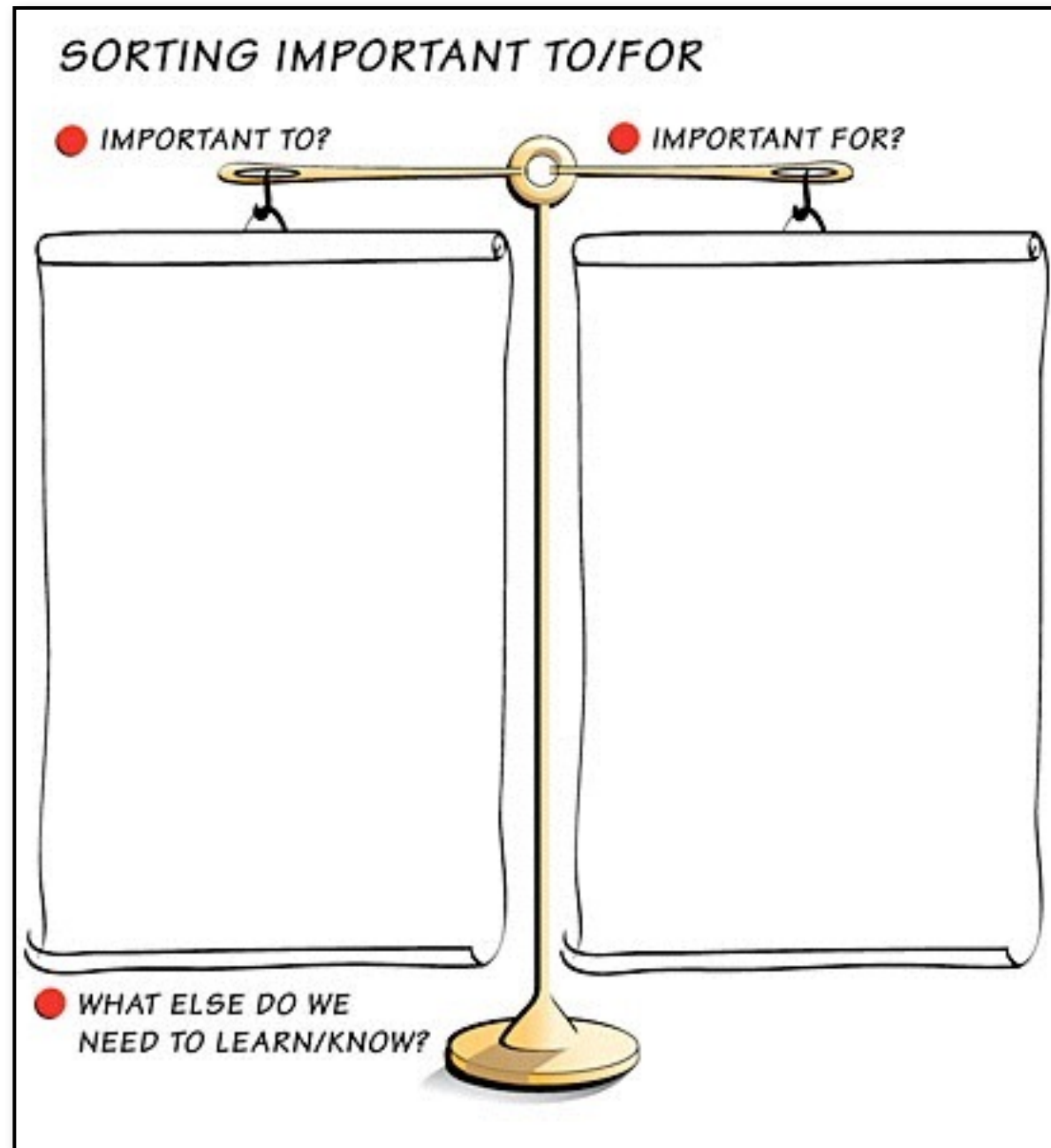
What we like and admire about the person...

What do others like about the person, what are their skills, talents and qualities – not clinical descriptions only things we would say about our friends

- Positive focus - capacity view
- These gifts, skills and positive attributes are important when we are thinking about building connections for people

Person Centred Thinking Skill:

Important to/for sort



Important to

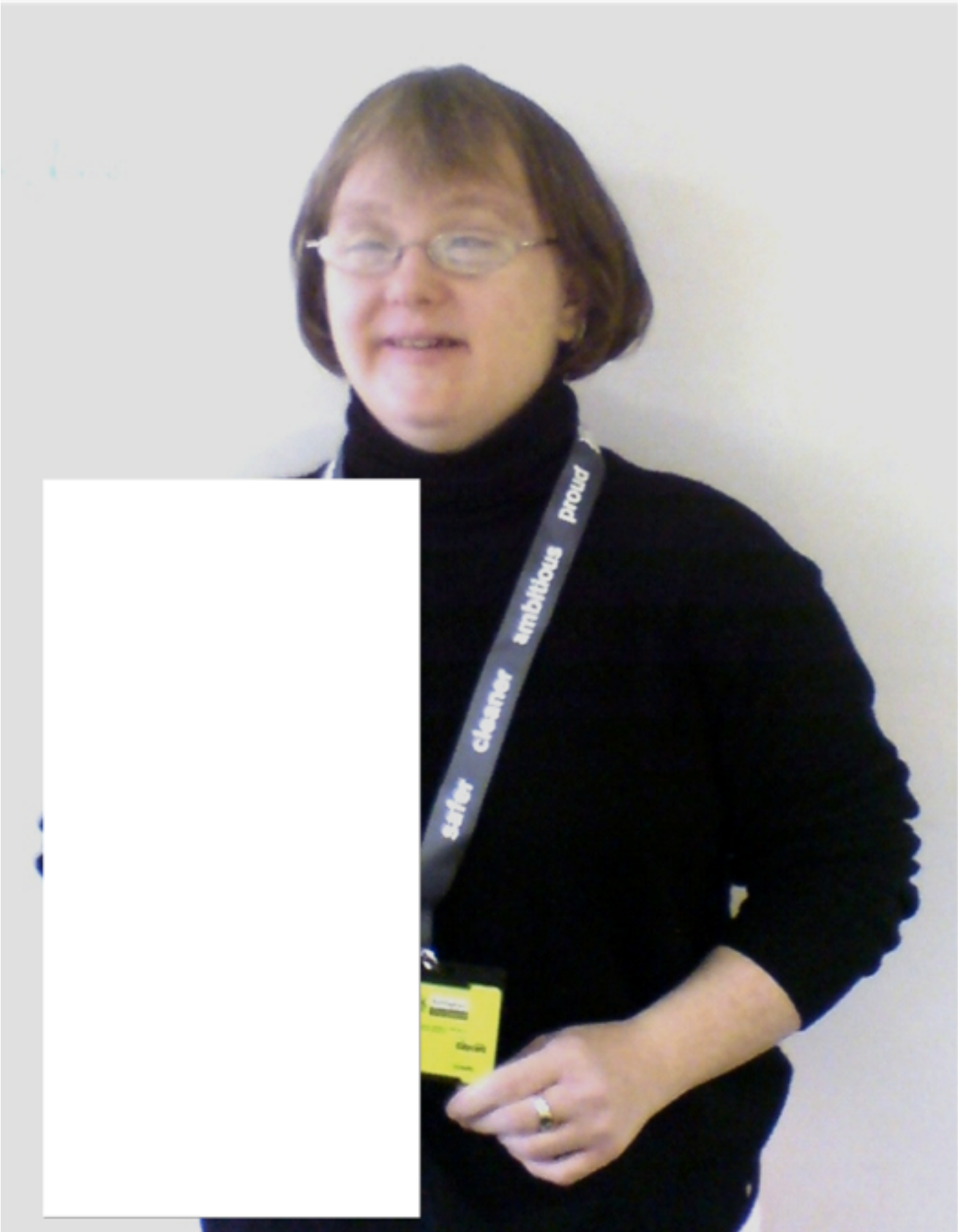
- What is important to a person includes only what people are “saying”:
 - with their words
 - with their behavior

Things you need to know or do to keep me healthy, safe and included (important for)

- This includes only those things that we need to keep in mind for people regarding—
 - Issues of health or safety
 - What others see as important to help the person be valued members of their communities

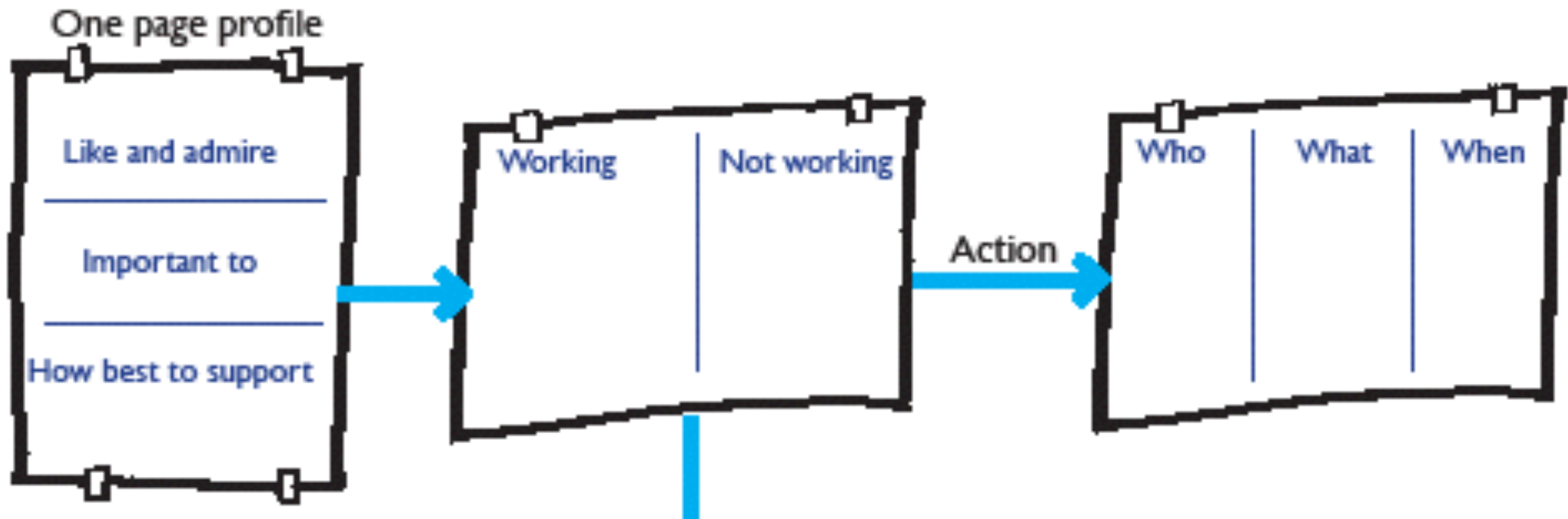
Michelle's Good Day and Bad Day

Good Day	Bad Day
<ul style="list-style-type: none">▪ Getting on with people▪ Being busy – doing lots of things▪ Going out - pictures, pub.▪ Going out somewhere with my family and being spoilt▪ Got someone to talk to if I have a problem or I am upset▪ Have a break▪ Not falling out with people▪ Have my own space – bedroom at home, own desk at work▪ Being with people I trust▪ Being around people▪ A long hot shower▪ Not have to go to the gym▪ Being spoilt▪ Working in a team▪ Doing some good work▪ Loosing weight	<ul style="list-style-type: none">▪ Arguing with people▪ Getting told off▪ Going to the gym – people saying come on Michelle try harder▪ Being bored▪ Being tired▪ Feeling ill or sore hips▪ Feeling stressed or worried about men▪ Being nagged or bossed about by people▪ Have to make tea and coffee's all day▪ Being on my own▪ Being told what to do▪ No space, told to clear stuff up▪ Falling out with people▪ Having to take pain killers – they taste funny and put me off my food▪ Having no work to do▪ Being in the gym all day! People saying 'come on Michelle'▪ Not allowed chocolate▪ Forgetting to do things▪ Getting weighed – when I have put on weight▪ Being at home on my own



Building on One Page Profiles

One page profile to support plan





Arthur

What is important to Arthur

Always have his walking stick within reach.

That people sit and talk with him, and listen to him too – he loves company and is an amazing storyteller.

That people sit with him when they call to serve his breakfast, dinner and tea – he dislikes eating alone. He loves his meals to be piping hot.

Seeing Sally and Stephen every other day.

That you listen to his stories, especially about the war, but never instigate a conversation around the war – he only talks about it when he is in the mood.

That you can talk about all the old boxers with him – Cassius Clay is favourite but he will not refer to him as Muhammed Ali.

Knowing if anything is happening that is different from the normal routine.

Must always have at least £10 in his pocket.

Must wear his wool bob hat when he wants and not be encouraged to take it off – he likes wearing it and becomes agitated when people suggest he takes it off in the flat.



What those who know Arthur say they like and admire about him

Charming.

Salt of the earth.

A real character.

Full of humour.

A real gent.

Just the most gorgeous gentle man.

How best to support Arthur

Arthur worries that he is very ill and people are keeping it from him – give him lots of reassurance that it is just old age – he will have a good laugh with you then.

Always explain very clearly to him about any upcoming appointments usually at the hospital – do not tell him at the last minute.

Arthur has very little vision and is hard of hearing, when you enter his flat via the keypad code you will need to call out to Arthur that you are there, if Arthur is in bed never approach him, he will think you are a burglar and will hit out with his walking stick.

Arthur is frightened of being 'put in a home' – tell him that we are all doing our best to help him stay at home, but when he goes outside in the middle of the night we are frightened he will get hurt.

Arthur