**Y.O.U can now support individuals and families in facilitating a person-centred plan**

‘Person centred planning’ may be defined as a way of discovering:

* How a person wants to live their life and
* What is required to make that possible.

The overall aim of person centred planning is “good planning leading to positive changes in people’s lives and services” (Ritchie et al, 2003).

Person centred planning is not so much a new technique for planning as a new approach to - or new type of - planning that is underpinned by a very exacting set of values and beliefs that is very different to the current norm. It is planning that takes as its primary focus **a person** - as opposed to a disability or a service or some other particular issue. It is ‘whole person’ oriented as opposed to disability-management focused. It is about citizenship, inclusion in family, community and the mainstream of life and self-determination and can, therefore, require some very fundamental changes in thinking and the established balances of power, the implications of which are potentially enormous and far reaching.

It is important to understand that person centred planning is **not**:

* **assessment**– whether of services or service user needs (see the UK Department of Health’s ‘Valuing People: a new strategy for learning disability for the 21st century’). As Ritchie et al (2003) observe, person centred planning takes as its starting point the individual as opposed to the service and how the individual might be made to fit into the service system. It also goes beyond services, indicating more general action by and for the individual.
* **service planning or Individual Program Planning for service users.** Traditional Individual Program Planning (IPP) is characterised by a synchronised and standardised approach to addressing identified needs. Person centred planning requires a flexible and responsive approach to meeting **an individual person’s** needs and changing circumstances, guided by the principles of good practice rather than a standard procedure (Sanderson, 2000).

Please Watch the video link below. If you are interested in finding out more about the support Y.O.U can offer please get in touch:

[Working with Your Options Understood](https://drive.google.com/file/d/15dA4sXZvdBUmv86W6XjBXayd1K-Izy13/view)