



# Person Centred Planning

A guide for  
young people

[www.bromley.gov.uk/localoffer](http://www.bromley.gov.uk/localoffer)



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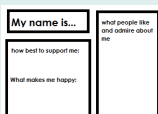
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# Introduction



Person Centred Planning is at the heart of Education, Health and Care Plans (EHCP) so that everyone understands what you aspire to, hope for and dream of.

Thinking about the life you want in the future is very important.



Person Centred Planning describes a way of gathering information and views from you and people close to you to help you make decisions and plans.



This guide will help you to understand how Person Centred Planning can work for you when thinking about your future and adding your views to your EHC Plan.

## In Bromley we recognise:

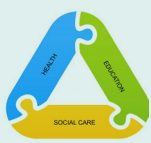
- the aspirations, views, wishes and feelings of the child or young person, and the child's parents.
- the importance of the child or young person, and the child's parents, taking part as fully as possible in decisions, and being provided with the information and support necessary to help them to take part in those decisions.



Where children and young people have an Education Health and Care Plan they will be supported to contribute their views and opinions in the best way with the support of their chosen supporter or advocate where necessary.

# Five key things to know about Person Centred Planning

There are five key principles to Person Centred Planning.



- 1 You are at the centre.
- 2 Your family and friends can help with planning.
- 3 The final EHCP or Care plan should reflect the things that are important to you, your abilities and the support that you need.
- 4 The plan helps to reflect what you would like to achieve in your life rather than the services available.
- 5 The plan allows ongoing listening, learning and further action.

# The Education, Health and Care (EHC) Needs Assessment and Transition



The EHC needs assessment looks at what your needs might be across education, health and social care.

Transition is when you move through education or onto another phase in life.

Your needs may change as you get older and if you have an EHCP these are usually discussed at your Annual Review meeting.



Person Centred Planning brings together people at this meeting who know you best to discuss your needs and agree the best outcomes in the future.



**Certain questions should be asked so that everyone knows about your:**

- Strengths, skills, talents, interests and hobbies.
- Areas where support is needed.

# Things to talk about at the meeting



Things that work well for you at home, school or college.



Things that you enjoy.



Things you find difficult.



How to communicate with you.



Your hopes for the future.



Your views.



Other important things to know about you



## You can also talk about:

### What is important to you?

These are things that you enjoy or that are special to you, like:

Family.

Friends.

Pets.

Music.



### What is important for you?

These are things that keep you happy, healthy and active in your community like:

Having regular medication.

Things you do that help you to manage your feelings.

Help you need at home or when out and about.

# How to share information with others

It can help to make a chart like this to help you to pass on information about yourself:

Here's an example chart:

What's important to you	What's important for you
Staying in touch with your friends (Jack, Joe and Amy) and making new ones.	You need to know when things are going to happen like a trip or a visit.
Your mobile phone.	You need choices—what you eat, where you go.
To choose what you eat.	You get anxious so when you are worried or shaky you need some time alone.
To do things in your own time and not be rushed.	Talking helps you, but you need to do this when you are ready—you don't want to be asked lots of questions.



# One Page Profile / Pen Passport

You can also list the things that are important to and for you on a One Page Profile.

<b>My name is...</b>	what people like and admire about me
how best to support me:	
What makes me happy:	

This is a short introduction to you, so you can let people know important things about you easily.

This is an example of a useful One Page Profile:

My name is...

What people like and admire about me...

How best to support me...

What makes me happy...

# Person Centred Planning



Allows you to share your views with others.



Gives a clear and simple way to check back on how things are going, looking at what's working and what's not.



Helps us to develop EHC plans and plan for your future.



# Useful contacts

## **Bromley IASS - Bromley's Information, Advice and Support Service**

Telephone: **020 8461 7630**

Email: **[iass@bromley.gov.uk](mailto:iass@bromley.gov.uk)**

Website: **[www.bromleyiass.org.uk](http://www.bromleyiass.org.uk)**

## **Statutory Assessment Team**

The team in the local authority who facilitate and manage the statutory process.

Email: **[SENAdmin@bromley.gov.uk](mailto:SENAdmin@bromley.gov.uk)**

Telephone: **020 8313 4739**

Address: **Civic Centre, Stockwell Close, Bromley, BR1 3UH**

## **Helen Sanderson Associates**

Some of the tools used in this guide can be found on this website with more examples and explanation about the strengths of person centred practice. Website: **[www.helensanderson.co.uk](http://www.helensanderson.co.uk)**

## **Communication Matters**

Further information to support person centred approaches.

Website: **[www.communications.org.uk](http://www.communications.org.uk)**

## **Preparing for Adulthood**

National Development Team for Inclusion (NDTI)  
Person Centred Planning.

Website: **[www.preparingforadulthood.org.uk/downloads/person-centred-planning](http://www.preparingforadulthood.org.uk/downloads/person-centred-planning)**

