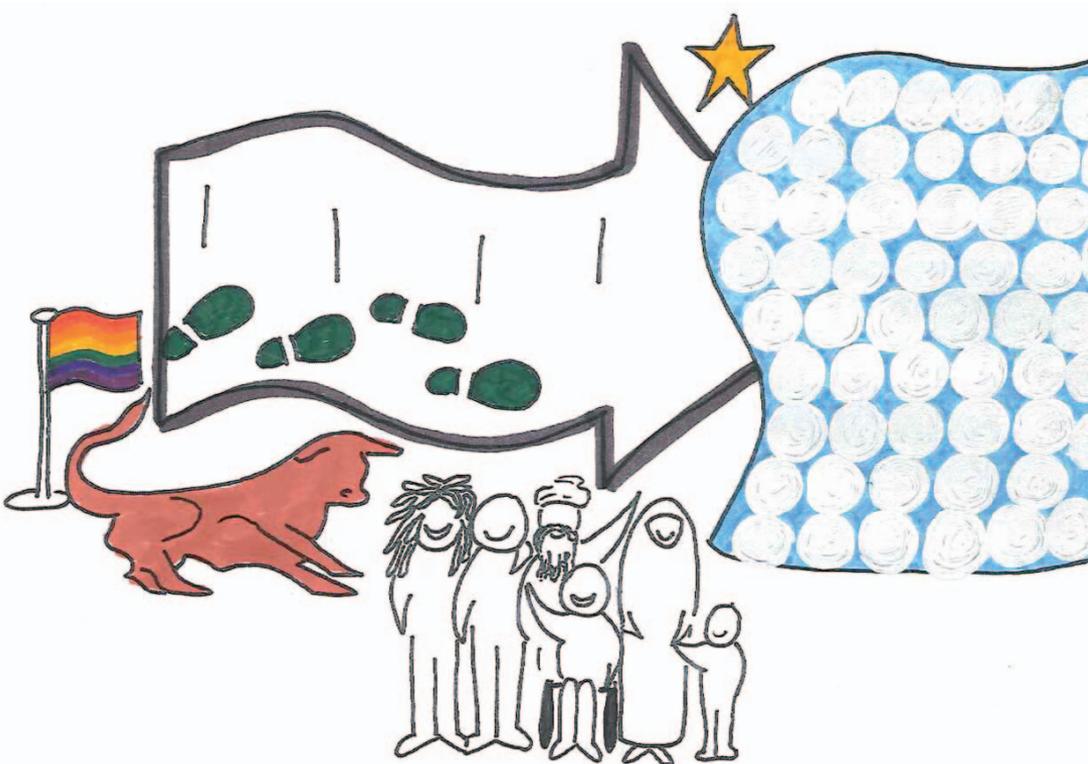
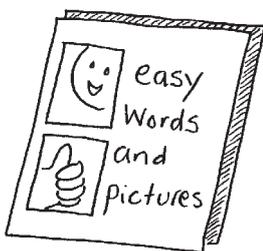


Working in a person centred way in Birmingham



- What is person centred planning?
- What is a person centred review?



This leaflet is easy to read.



adults and communities

October 2008



What is person centred planning?

Person centred planning is a way of supporting you to make choices and change your life. It is a way of helping you to plan your future and organise any support and services you may need.

How is person centred planning different?

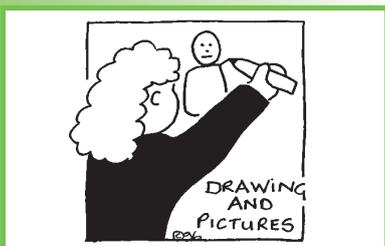
We invite your family, carers and friends to support you to do things you want to do. We call this a 'circle of support'.



As the person who is having a plan, you are known as the 'focus person'. You choose who to invite to your meetings, and when and where meetings are held.



Person centred facilitators write what people say in the meeting on big sheets of paper on the wall. They use easy words and pictures. This helps everyone understand what is being talked about and be sure about what things mean.



The plan belongs to you and is for you to keep. You choose who to share it with.



We use person centred planning to support you to:



- let other people know what you are thinking or feeling and what is happening to you



- speak up and be listened to



- make choices in your life and help you to take control



- think about getting a job



- move house, (if you want to), and



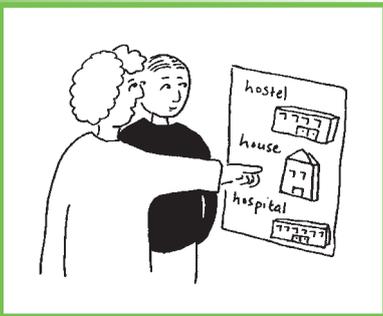
- decide what to do during the day.



We use person centred planning to find out about the things in your life that need to change.



We use it to try to bring about positive changes in your life.



Person centred planning can help you deal with changes you may not have been able to change all by yourself.



At the meeting, the facilitator will use different person centred planning ways of working to help get information.



When we have gathered all the information, we use it to make a plan of action. This is about how you choose to be supported to make changes in your life.



What is a person centred review?

It is a formal review to set actions and gather information that can be developed into a 'living description' of how you want to live. Reviews can lead on to person centred planning.

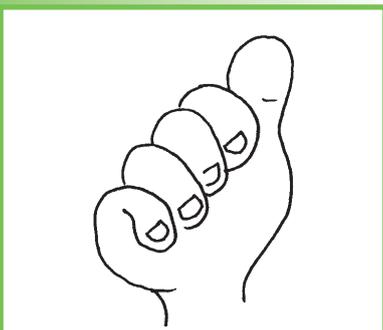


A person centred review – Bernadette's story

Bernadette lives in a residential home and goes to a local day centre. Every day, all the people who love, care for and support Bernadette communicate with her by interpreting her mood, body language, the sounds she can make and the sparkle in her eye.



Her person centred review was different from other review meetings Bernadette had experienced.

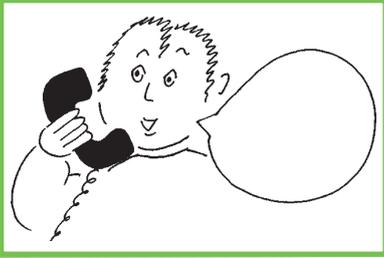


She was involved in choosing who she wanted at the meeting by looking at pictures and recognising some names. Her dad, her facilitator and her keyworker were there.



The meeting was relaxed. They kept checking how she was feeling. They talked about all the things she cares about as well as all the points they usually discuss in meetings. It was quite a long meeting but she was smiling all the way through.

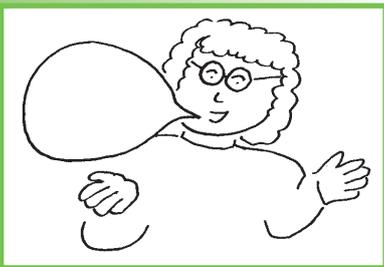
Everyone was working together. Dad was happy that good things would happen because of it.



To find out more about person centred planning, please telephone the following number.



Telephone: **0121 303 2202**



Your right to be heard

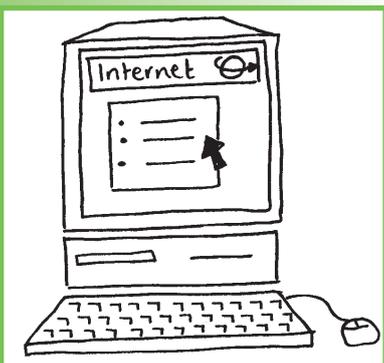
If you want to make any comments, compliments or complaints about our service, you can write to us at the following address.

Customer Relations Service
King Edward House
7th Floor
135a New Street
Birmingham
B2 4QJ

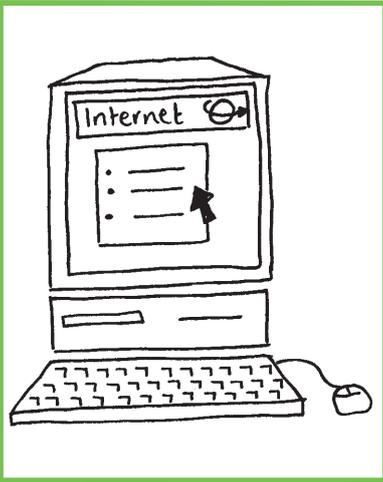


Telephone: **0121 303 5161**

The office is open Monday to Thursday 8:45am to 5:15pm and Fridays 8:45am to 4:15pm.



E-mail:
SCHComplaintsTeam@birmingham.gov.uk



Useful websites

Adults and Communities Person
Centred Planning

Website: www.birmingham.gov.uk/adults

Birmingham Learning Disability
Partnership Board

Website: www.tellusmore.org

Valuing People

Website: www.valuingpeople.gov.uk

Government Report about health and social
care – 'Our Health, Our Care, Our Say'

Website: www.doh.gov.uk

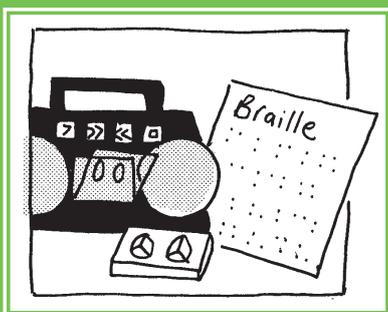


Advice for Carers

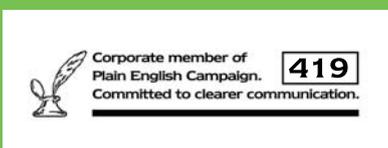
Birmingham Carers Centre
130 Colmore Row
Birmingham
B3 3AP

Carer's helpline: **0121 675 8000**

Website: www.birminghamcarers.org.uk



If you would like a copy of this leaflet in another language, in large print, in Braille or on audio cassette or CD, please telephone the Communications and Information Team on **0121 464 3123**.



Pictures from CHANGE

Website: www.changepeople.co.uk