



What is Person Centred Planning?



Person Centred Planning means putting you at the centre of planning your life.



Person Centred Planning means finding ways of listening to you to find out:

- what is important to you
- what you want from life



Person Centred Planning gives people more choice, dignity and respect.



The Circle of Support
(your family, friends and staff) work together with you to help you plan your life.



The Circle of Support talk about your life with you:



what is **working**
or **not working**

good days and bad days



hopes and wishes



what is **important to you**
or **important for you**



what they **like and value**
about you



how to **communicate**
with you well