

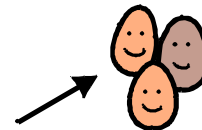
PCP Easy

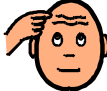


Easy steps to starting your own Person Centred Plan

1. Talk to someone you know and trust if you think you need help in starting your plan.

You can choose who you want to be your facilitator!



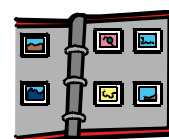
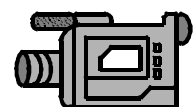
2.  Think about what type of plan you want. Some options are:

- Worksteps booklet
- Essential lifestyle plan (also known as ELP)
- MAP
- PATH
- Health action plan

3.  Think about how you want to make your plan.


Do you just want it on paper?

Or would you like to have it on video, cassette or as a photo/picture book?



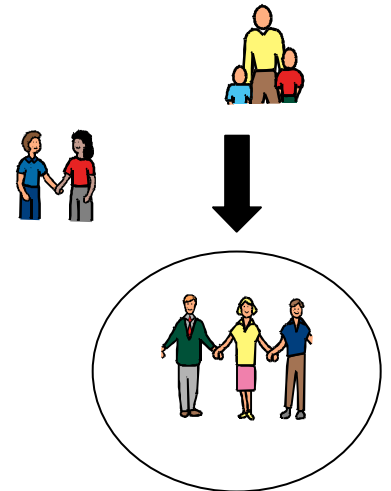
Or something else?



4.  Think about who you would like to help you with your plan.

Is it just one person or lots of people? Friends? Family? Staff? Colleagues?

These people are called your circle of support.



5. Think about what you like in your life now?



6. What don't you like in your life now?



7. What do you want your life to be like in a year's time?

8. Fill in and send off an action record form (you can print them off this website)

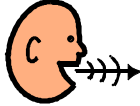
9. Set a date and time that is you and your circle of support can get to.



10. Invite your circle of support to meet you and your facilitator somewhere quiet.



You can usually pay to use a room in library's, pubs, church halls and other local places or you might want it at your day centre or home.

11.  When you have your meeting tell your circle of support about what you want and don't want to change in your life.

12. Your facilitator should help you to record what has been said.

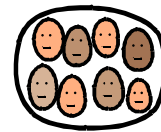


13. The people you have invited should listen to what you want and help you to work towards your dream.



If you are worried about this you can set some rules at the beginning of the meeting that everyone has to sign up to.

14. Everyone should go away with at least one thing they can do to help you.



1 thing

15. You might want to arrange another meeting to make sure everyone has done what they said they would.



If you or your facilitator needs any more help with any of these points, you can contact:

Emily Withers

Person Centred Planning Co-ordinator

Dorset People First



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