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**PCP**  
**Whats that?!**

**Information**  
**for**  
**PARENTS AND**  
**CARERS**  
**All about**  
**Person Centred Planning**

## WHAT IS PERSON CENTRED PLANNING

Person Centred Planning means putting the person at the centre of planning their lives. Things like listening and learning about what the person may want from their life. Helping the person to think about what they want now and in the future, and take responsibility for it.

Family, friends, professionals and services need to work together WITH the person to make this happen.

## PERSON CENTRED PLANNING

### MAKING IT HAPPEN

Parents and carers have told us they want to have information and an understanding of what Person Centred Planning will mean for the person they care for and also what it will mean for themselves.

Sometimes parents are concerned that Person Centred Planning is just 'another fad' and that nothing will change or they are worried that changes will happen and they will have 'no say in it'.

We suggest:

- Information about Person Centred Planning should be in a more accessible format.
- Use video to show what Person Centred Planning is about.
- Workshops to be presented by people who have learning disabilities and perhaps a parent/carer whose son/daughter is making or has made a plan talks about their experiences.
- A more personal approach.

Below are some of the questions parents and carers have asked:

- What are the aims of Person Centred Planning?
- What is it expected to achieve?
- Who is responsible for what is in the plan?
- What do we do if we are not happy with the outcomes?
- Is it the same as an ISP? If not what is the difference?
- What involvement do I have in it?
- What if I disagree with any part of it?
- Will it raise false expectations?
- What provision will be made to ensure that people involved do what they are supposed to do to make the plan happen?
- How will you make sure people who have more severe learning disabilities are enabled and included in Person Centred Planning?

The above questions and any others you may have will be answered at the Person Centred Planning Awareness Workshops or by contacting Dorset People First - contact details overleaf.