

Finding out if person-centred planning is working for you



This is an Easy to Read booklet.

How is person-centred planning working for you?



This booklet will help you find out how person-centred planning is working for you.

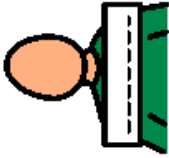






It will help you see what is going well and what could be better.

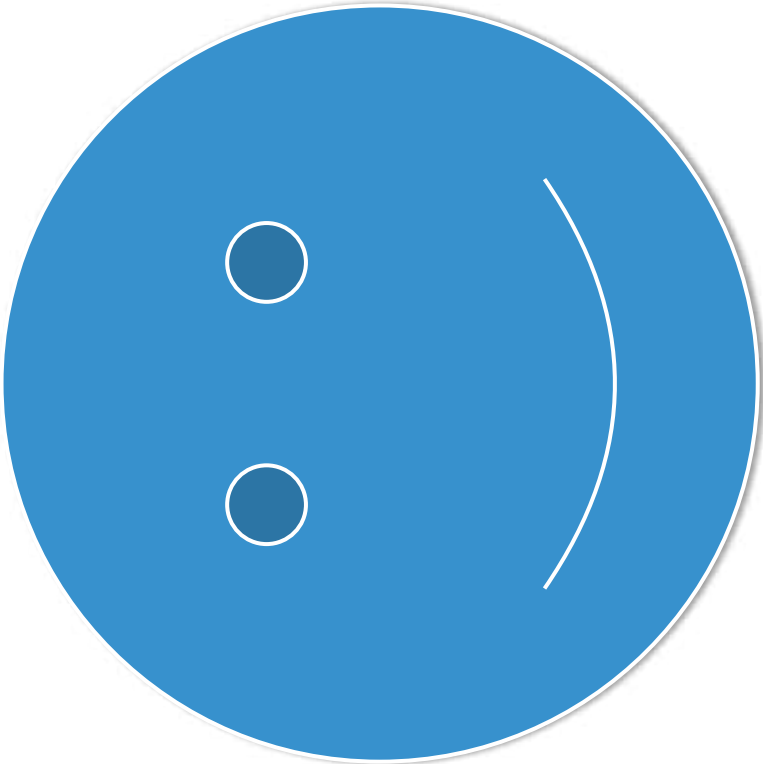


There are four stages in person-centred planning. You should fill out this booklet after each stage.

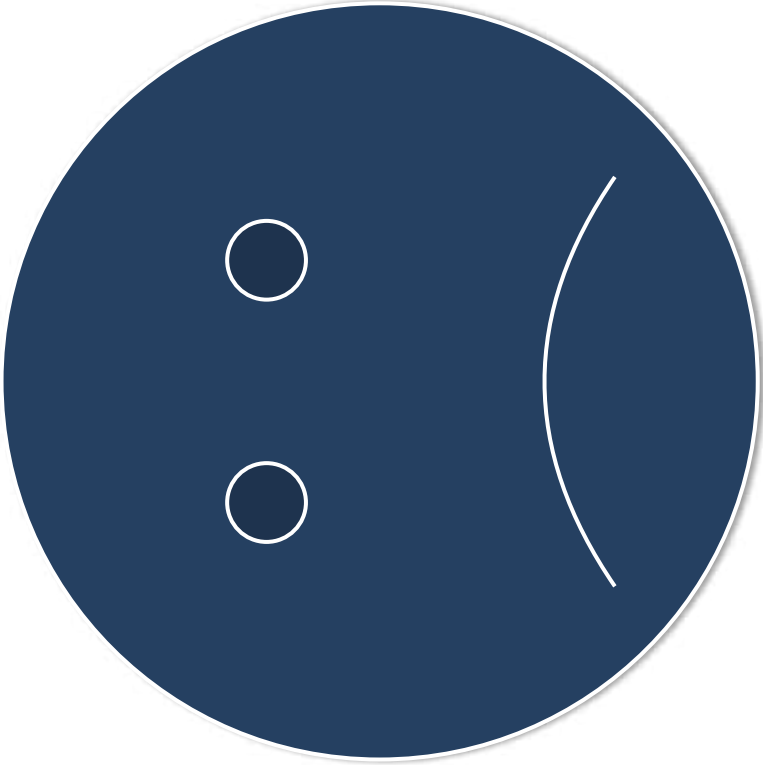
You could ask the person supporting you to put your person-centred plan together to help you.

| | | |
|---|--|--|
|  | <p>Name:</p> | |
|  | <p>Date – Stage 1: Getting ready to do a person-centred plan</p> | |
|  | <p>Date – Stage 2: Putting a person-centred plan together</p> | |
|  | <p>Date – Stage 3: Putting a person-centred plan into action</p> | |
|  | <p>Date – Stage 4: Finding out if person-centred planning is working</p> | |

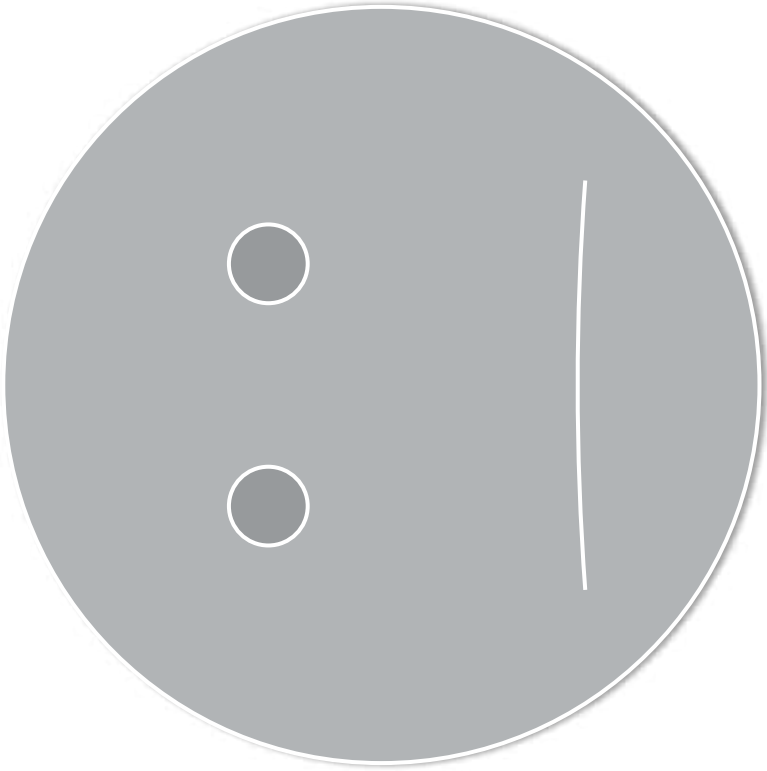
**Here are big copies of the symbols in the booklet.
You might want to print and cut these out if it makes them easier to use.**



Yes



No



Sometimes

Stage 1 Getting ready to do a person-centred plan



I have the chance to learn about making choices.



Yes Sometimes No



I have the chance to learn about person-centred planning.



Yes Sometimes No



I have the chance to learn about advocacy.



Yes Sometimes No



I have information on person-centred planning in a way I can understand.



Yes Sometimes No



I decide if I want a person-centred plan.



Yes Sometimes No



I understand how person-centred planning can bring good changes in my life.



Yes



No



I have the right supports to communicate my needs and choices.



Yes



Sometimes



No



I can use technology to help me put my person-centred plan together.



Yes



Sometimes



No



I am supported and encouraged to have a person-centred plan.



Yes Sometimes No



I have a Planning Team to support me with my person-centred plan.



Yes Sometimes No



I am part of the Planning Team from the very beginning.



Yes Sometimes No



I decide who is on my Planning Team.



Yes



No



There is one person who supports me to put my person-centred plan together.



Yes



No



There is one main person who supports me to put my person-centred plan into action.



Yes



No



These people have spent time getting to know me.



Yes



No



I decide if I want my family to support me with my person-centred plan.



Yes



Sometimes



No



I have a circle of support.
There are people from my community in my circle.



Yes



Sometimes



No



What is working well?



What worked well when you got ready to do your person-centred plan?

How did this happen?



What is not working well?



What did not work well when you got ready to do your person-centred plan?

What needs to change to make it better next time?

Stage 2 Putting a person-centred plan together



I collect information and work on my person-centred plan all through the year.



Yes Sometimes No



I collect information about different things, like my routines, activities, my community, learning and jobs.



Yes Sometimes No



I decide if I want to have a person-centred planning meeting.



Yes Sometimes No



If I decide to have a meeting, I choose when and where to have the meeting.



Yes Sometimes No



If I decide to have a meeting, I choose who to invite to my meeting and send out invitations.



Yes Sometimes No



If I decide to have a meeting, I get the time and support I need to get ready for my meeting.



Yes Sometimes No



If I decide to have a meeting, I set the agenda for the meeting.



Yes Sometimes No



I am supported to take part in any meetings about me.



Yes Sometimes No



I feel comfortable and relaxed at these meetings.



Yes Sometimes No



I have a chance to say what I think and want, and to make choices and decisions.



Yes Sometimes No



I set the goals I want to achieve.



Yes Sometimes No



My person-centred plan is about the things that are important to me.
It is about my choices, dreams and wishes.



Yes Sometimes No



My person-centred plan says what is important to me now and in the future.



Yes Sometimes No



I have the main copy of my person-centred plan in a way I can understand.



Yes Sometimes No



What is working well?



What worked well when you put your person-centred plan together?

How did this happen?



What is not working well?



What did not work well when you put your person-centred plan together?

What needs to change to make it better next time?



Stage 3 Putting a person-centred plan into action



I have an action plan which I can understand.



Yes



No



The action plan says what my goals and outcomes are.



Yes



No



The action plan says who will support me with my goals and when they will happen.



Yes Sometimes No



I get support to look back over my person-centred plan when I need to.



Yes Sometimes No



I talk to the main person who supports me to put my person-centred plan into action.
We check how things are going.



Yes Sometimes No



My Planning Team or Circle of Support help me to get over barriers that stop me reaching my goals.



Yes Sometimes No



My person-centred plan supports me to be independent and do things for myself.



Yes Sometimes No



I get the support I need to try new things and take risks.



Yes Sometimes No



My person-centred plan supports me to be part of my community.



Yes Sometimes No



My person-centred plan supports me to take on important roles in my community.



Yes Sometimes No



I keep a record of how I am doing with my goals and outcomes.



Yes Sometimes No



What is working well?



What worked well when you put your person-centred plan into action?

How did this happen?



What is not working well?



What did not work well when you put your person-centred plan into action?

What needs to change to make it better next time?

Stage 4 Finding out if person-centred planning is working



I can talk at any time about my person-centred plan and if it is working.







Yes Sometimes No



My person-centred plan is checked at least once a year to make sure everything is going well.







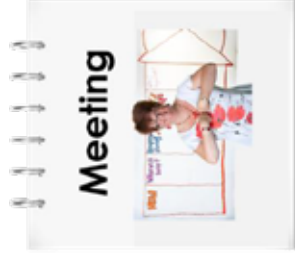
Yes Sometimes No



I can make changes to my person-centred plan if I am not happy with it.



Yes Sometimes No



I take part in all reviews of my person-centred plan.



Yes Sometimes No



There have been good changes in my life. These are called outcomes.



Yes Sometimes No



If I am not happy with my person-centred plan or how things are going, I know there is someone I can talk to.



Yes Sometimes No



If I am still not happy, I know how to make a complaint.



Yes Sometimes No



I can get advocacy supports if I need them.



Yes Sometimes No



Staff answer any questions I have about my person-centred plan or my supports.



Yes Sometimes No



My person-centred plan helps guide the way I get services and supports.



Yes Sometimes No



I can celebrate my achievements and the good changes in my life.



Yes Sometimes No



What is working well?



What went well when you checked if person-centred planning was working?

How did this happen?



What is not working well?



What did not go well when you checked if person-centred planning was working?

What needs to change to make it better next time?

Contact details:

www.hse.ie/newdirections