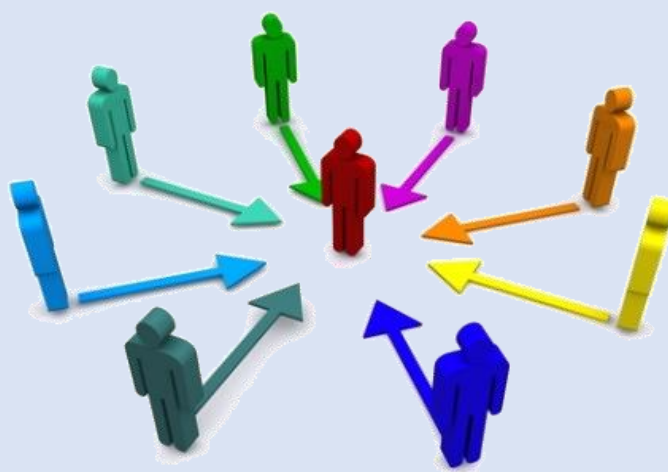


Person Centred Practice

Person-centred practice (support) starts with changing our thinking from the traditional support approach to one that puts the person with disability as the focus of all that we do.

Once we change our thinking around, we should start to provide support (and eventually manage services) in a different way. This way says it should be more about what the person (and their significant carers) want, need and dream of, not about what is easy for the staff/service or is the cheapest to provide.



Our every action should be person-centred, whether it is supporting with personal care or empowering someone through a decision-making process.

If the person's wishes and goals are not forefront in our minds when we are supporting them, then we are just doing a job rather than empowering people to live good lives and reach their dreams.

Person-Centred practice puts in to action the principles of: individuality, independence, privacy, partnership, community, choice, dignity, respect, rights, equality, and diversity.

Many agencies and staff are already using person centre practices for example:

- active support
- supported decision-making
- community inclusion
- person-centred planning

There are a variety of person-centred practice tools that are usually used in person centre planning; however, they are very useful in everyday support to listen to and gather information 'with' people. For example, personal communication dictionary, learning logs and supported decision-making charts.

Person Centred Planning

Person-centred planning is a process of **continual listening**, and **learning**; focused on **what is important to someone now**, and for the future; and **acting upon** this in alliance with their family and friends.

When Person-Centred planning is done well, people are empowered to:

- Live the life they want
- Celebrate achievements
- Aspire to improve
- Change what's not working
- Set realistic goals
- Focused on outcomes
- Gather and share great information



Tips for being person centred in your everyday work

Person-Centred practice enables you to keep the person at the centre and promotes transparency and accountability. Practical tips include:

- Always using the persons preferred communication method
- Sitting and talking with the person e.g., about their day
- Basing meetings and planning activities on the persons preferences
- Keeping the focus on strengths, abilities, and interests of the person
- Finding solutions and connections preferably in the community
- Support is provided in a way that works best for the person
- Providing information in accessible formats e.g. photos and an explanation
- Giving people adequate time and appropriate support to make choices/decisions
- Family and community members are seen as a true partner

Resources

One page Profile	http://onepageprofiles.wordpress.com/ https://www.youtube.com/watch?v=fnaKnVWFh44
Person-Centred Reviews	http://www.youtube.com/watch?v=YpRz-YEwkP8
What's working – Not working?	http://www.helensandersonassociates.co.uk/wpcontent/uploads/2015/02/workingnotworking.pdf
Person Centred Thinking tools:	http://helensandersonassociates.co.uk/person-centred-practice/person-centred-thinking-tools/