



Person-Centred Planning and Circles of Support



What is a Circle of Support?

A Circle of Support is a group of people that you know and that you choose to support you.



Who is in a Circle of Support?

You decide. You are at the centre.
There are usually between 4 and 8 people.
It could be a family member, staff, friend, neighbour, work friend, or volunteer.



What does a Circle of Support do?

A Circle of Support can help you choose and reach your goals.
It can help you check that Person-Centred Planning is working for you.