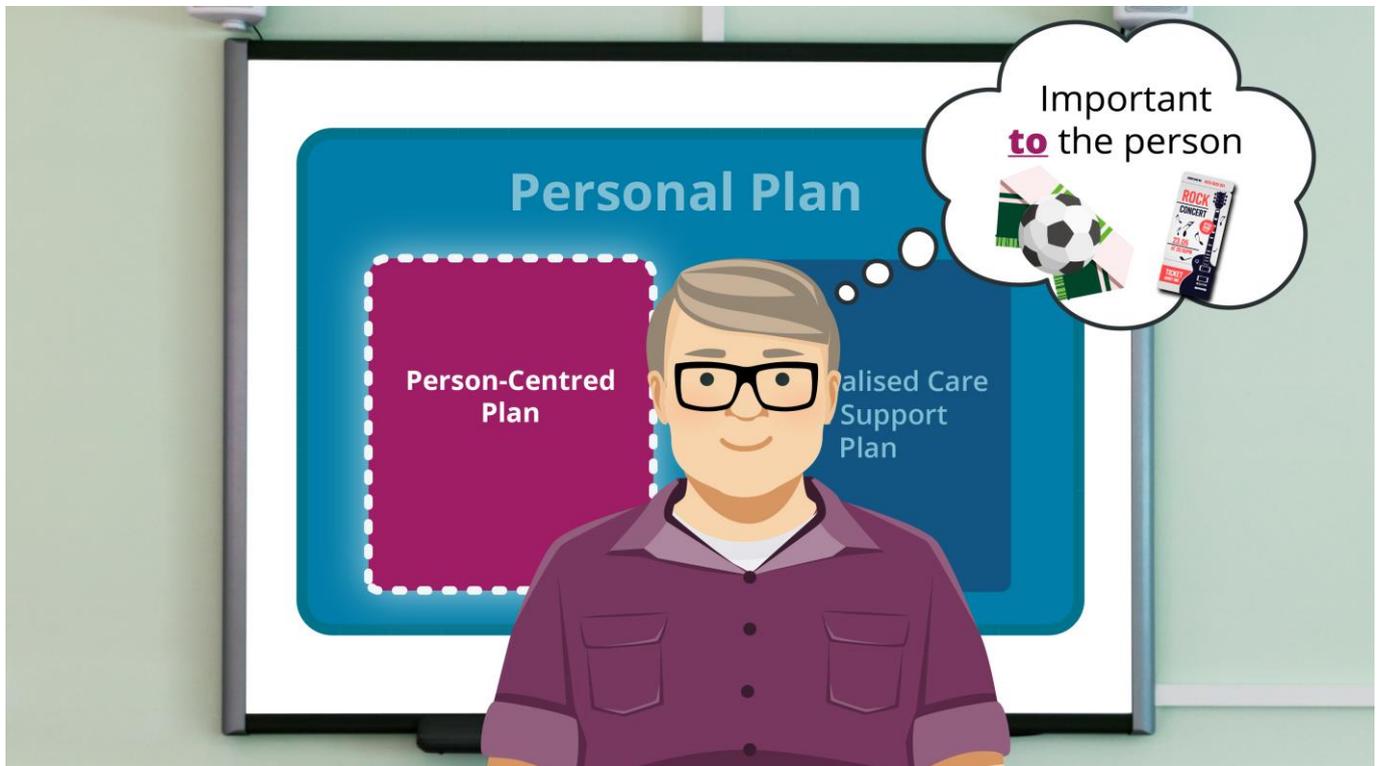




Person-Centred Planning A National Framework



This is an Easy to Read guide to the National Framework for Person-Centred Planning



Words used in this guide

HSE

The HSE stands for the Health Service Executive.

The HSE's job is to run all of the public health services in Ireland.



HIQA

HIQA stands for the Health Information and Quality Authority.

HIQA's job is to improve health services and social care services in Ireland.

They inspect residential services for people with disabilities.



New Directions

The New Directions report was put together by the HSE.

It is a new way to give day services and supports to adults with disabilities.





What is Person-Centred Planning?



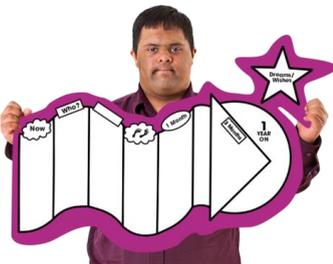
Person-Centred Planning supports you to make choices about how you want to live your life.



Person-Centred Planning is about your hopes and dreams - the things that are important to you.



It is a chance to set goals and say what supports you need to reach your goals.



It is a way to make plans for your future.



When Person-Centred Planning works well, you should have a good life.



What is a Framework?



There is a National Framework for Person-Centred Planning.

A framework is a guide to tell us the best way to do something.



This Framework says what we need to do so Person-Centred Planning works well.



The HSE and the New Directions Planning Group did research on Person-Centred Planning.



People with disabilities, families, Circles of Support, staff, managers, HIQA, and the HSE took part in the research.

The research gave us important information for the Framework.



Who is the Framework for?



- People who use disability services, their families, and Circles of Support



- Organisations that give services to people with a disability



- The HSE



Rialtas na hÉireann
Government of Ireland

- Government departments



- HIQA.



What does the Framework say about supporting Person-Centred Planning?



Beliefs

The Framework says that these beliefs are at the centre of good Person-Centred Planning.



Individuality

Each person is an individual with their own life experience, skills, gifts, talents, and culture.



Equality

Each person with a disability has the same rights as all others in society.

Each person is given information and support to understand and claim their rights.



Respect

Each person is treated as an adult.

Relationships are built on respect.



Dignity

The privacy and dignity of each person is respected.

People with disabilities are given the chance to take risks and try new things.

Empowerment

Person-Centred Planning supports the person to take control of their life.

Each person is supported to have their say and their views are respected.



Choice

Everyone is given the chance to make choices about their Person-Centred Plan and their lives.

They are supported to communicate their choices and decisions.



Inclusion and active citizenship

Each person is a valued member of their community, trusted to do important jobs.

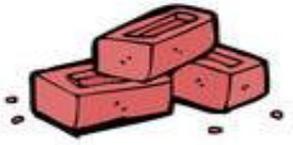
Person-Centred Plans support the person to take part in their community, make new friends, and have new experiences.



Independence

Each person is supported to be as independent as they can be.





Foundations

The Framework says these foundations are the building blocks of Person-Centred Planning.



Beliefs

Organisations work in a person-centred way.

They follow the beliefs on pages 6 and 7.



Person-centredness

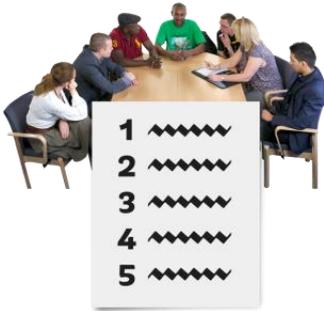
Services and supports are built around the needs of each person rather than a group.



Outcomes

Person-Centred Planning is about getting the right outcomes for the person.

Outcomes are good changes that give each person a better life.



Planning across an organisation

Person-Centred Planning is part of how the whole organisation works.

It is not a new or separate service.



Every plan is different

Every Person-Centred Plan is a one-off.

It shows the person's strengths, needs, goals, dreams, and wishes.



Listening

Individuals, staff teams, and managers really listen to and support the choices that each person makes.

They listen and respond to the decisions of the person and their family.

The person decides if they want their family to be involved.



Responsibility

Individuals, staff teams, and managers show how they support each person to achieve their personal goals and outcomes.

They answer any questions that a person may have about their supports.



Expectations

There are high hopes for each person.

Person-Centred Planning encourages each person to believe in themselves and be the best they can be.



Relationships

Individuals, staff teams, and managers make sure that each person has the time, space, and chance to build good relationships.



Partnership

Individuals, staff teams, and managers work together with people with disabilities.

Power is shared and there is good communication.

Each person can get the information they need to have a say in services and supports.



How can organisations support Person-Centred Planning?



Make sure each person lives in a nice place where they get the chance to do interesting things, try new things, and meet different people.



Have good managers who run the service well and make sure Person-Centred Plans are good quality.



Make sure everyone in the organisation is supported to communicate well.



Make sure staff get the supports they need to do their job well.



Make sure people with disabilities and their families are involved in making decisions about the service.



Make sure money is managed and spent well in the organisation.



Keep trying to make the services and supports better and more person-centred.



Work hard to make links with the community.



Set up Circles of Support for people with disabilities.



How can I take part in Person-Centred Planning?

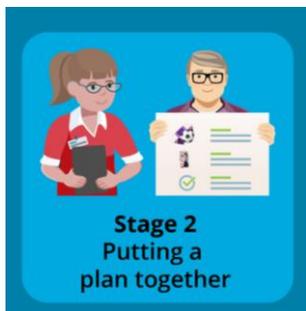
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The stages of Person-Centred Planning

There are four stages of Person-Centred Planning.



1. Getting ready to do a Person-Centred Plan



2. Putting a Person-Centred Plan together



3. Putting a Person-Centred Plan into action



4. Finding out if Person-Centred Planning is working.

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The stages of Person-Centred Planning

The Four Stages of Person-Centred Planning



Stage 1
Getting ready
to do a plan



Stage 2
Putting a
plan together



Stage 3
Putting a plan
into action



Stage 4
Finding out if
it is working



What can I do if I want a Person-Centred Plan?



Find out about Person-Centred Planning and how it can work for you.



Decide if this is a good time for you to have a Person-Centred Plan.



If you decide to have a Person-Centred Plan, take part from the very start.



Think about your dreams and wishes.



Work on your goals and on making good changes in your life.



The Planning Team

You may need a planning team to help put your Person-Centred Plan together and put it into action. There may be different people on your team:



You – the person who owns the plan



A person to support you to put your Person-Centred Plan together



A person to support you to put your Person-Centred Plan into action



Your family, if you want



Other people who support you from time to time. It might be a therapist, psychologist, nurse, or social worker.



Circle of Support



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



There should be people from your community in your Circle of Support.

It could be a friend, neighbour, work friend, advocate, volunteer.



Your family can be part of your Circle, if you want.



Staff might sometimes be part of a Circle of Support, if you want.



How to check if Person-Centred Planning is working for you?



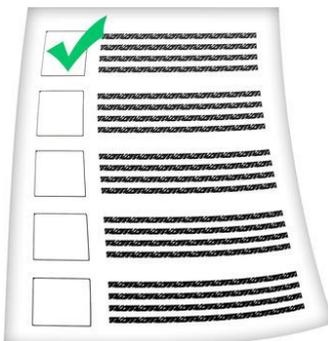
Talk to the people supporting you with your Person-Centred Plan – staff, your family, your Circle of Support.



Think about any good things or good changes that have happened in your life.



Think about how your Person-Centred Plan guides the way you get services and supports.



There is an easy to read booklet with the Framework. This booklet will support you to check how Person-Centred Planning is working for you.



This information was put together by the HSE and the National Disability Authority.



This Easy to Read booklet was put together by ACE Communication with the help of Experts by Experience.

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A light blue rectangular box containing icons for a phone, a laptop displaying a Google search page, and a photograph of a man in a red beanie pointing at the laptop screen. Below the icons, the phone number and website are listed in bold black text.