



# Understanding Person-Centred Plans and Personalised Care and Support Plans



## Personal Plan

Person-Centred Plan

Important **to** the person

Personalised Care and Support Plan

Important **for** the person

Everyone should have a Personal Plan.

A Personal Plan has 2 main parts.



## 1. The Person-Centred Plan

The Person-Centred Plan is about what is important **to** you – things you dream about, love, and want to do.



## 2. Personalised Care and Support Plans

Personalised Care and Support Plans are about what is important **for** you.

These plans help to keep you healthy, safe, and well.