



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 is an independent body.

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.

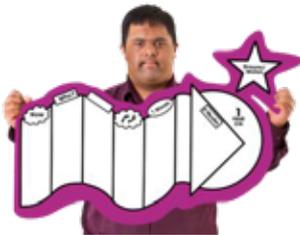
It is a new way to give day services and supports to adults with disabilities.



What is Person-Centred Planning?



Person-centred planning supports you to make choices about how you want to live your life.



It is a way to make plans for your future.



When person-centred planning works well, you should have a good life.



Person-centred planning is about your hopes and dreams.



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



What is a Framework?



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



The Department of Health



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 about their lives.

Individuals are supported to communicate their choices and decisions.



Inclusion and active citizenship

Each individual is a valued member of their community.

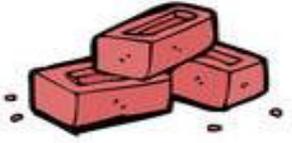
They are trusted to do important jobs in their community.

Person-centred plans support the person to take part in their community, to 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

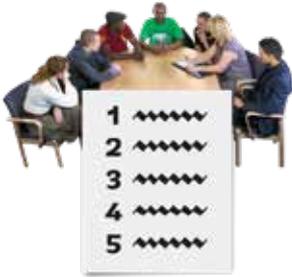
Services and supports are built around the needs of each person rather than a group.



Outcomes

Person-centred planning is about achieving outcomes for the person.

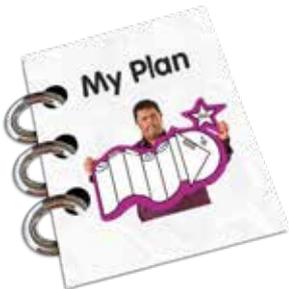
Outcomes are good changes that give each person a better life.



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 individual'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 to 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.

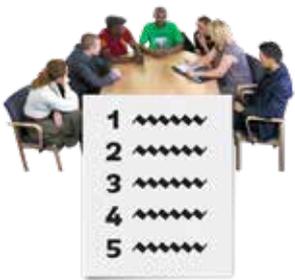


Partnership

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 of 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?**



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



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 you put your person-centred plan together and to 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.



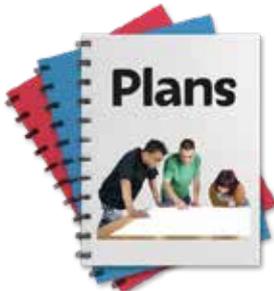
How to check if person-centred planning is working for you?



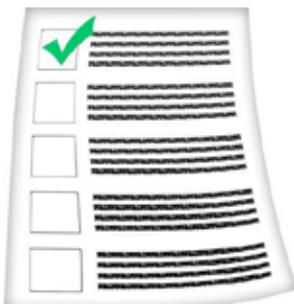
Talk to the people supporting you with your person-centred plan – staff, your family, your circle of support.



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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Dublin 4

An illustration on a light blue background. On the left is a black telephone icon labeled 'Phone'. In the center is a laptop screen displaying the Google search page. On the right is a man with a beard, wearing a red beanie and a light-colored jacket, pointing with a thin stick towards the laptop screen.

01-6080400
www.nda.ie



Contact details:

www.hse.ie/newdirections