

# Person Centred Planning

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## A Guide for Parents and Carers





## What Is A Person-Centred Approach?

It is all about:

- Understanding your child's needs and wishes.
- Thinking about what is important to them and for them.
- Thinking about what is working and not working
- Ensuring your child gets the best support from everyone involved, e.g. you, the setting and other professionals

## What Is A Person-Centred Planning (Pcp) Meeting?

This is the process when you and other professionals involved with supporting your child's future meet to discuss the way forward. This ensures that the professionals will best understand how they can support your child's needs.

It is an opportunity for everyone involved in supporting your child to engage together and celebrate their achievements.

It will have a friendly atmosphere, and everyone will contribute to developing a realistic action plan for your child's future.

## What can you do to prepare for a person-centred planning meeting?

Think about what you would like to share about your child and any questions you may have.

The main focus of the meeting will be the following areas:

1. Relevant background information - Who is in the family? Health and medical information. Any support and targets that are in place.
2. What is unique about your child? - Your child's positive qualities and areas of strength, as well as their areas of need.
3. What is important to your child? - What motivates and interests them? What does your child enjoy? What makes them feel safe? What helps them to feel calm?
4. What is important for your child? - What needs to be in place for your child to make the most of the learning environment?
5. Parents/carers views - As the expert on your child, this is the chance for you to share your views, thoughts and any concerns you may have.
6. Child views - The most important person, your child! They may not be able to express their views directly, but we must ensure they are heard. You can help by sharing what they like about their setting, what they are looking forward to or worried about.
7. What currently works well? - Specifically, what is going well and would be useful to know.
8. What is not working so well? - What needs to change? What can we learn and do differently in the future?
9. Details of agreed next steps - Actions are agreed to ensure everyone knows who is doing what and when.

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