



The Role of Families in Person-Centred Planning



A Short Guide

1. Introduction

Person-Centred Planning enables a person to make informed choices about how they want to live their life, now and in the future. It supports the person to identify their dreams, wishes, and goals, and what is required to make those possible. A Person-Centred Plan reflects what is important **to** the person.

2. The role of the family in Person-Centred Planning

For the majority of people, family will be a key part of their Person-Centred Planning process. The involvement of family members can be essential to good Person-Centred Planning and to the achievement of goals.

During the Person-Centred Planning process, the natural authority of the person, and their family, must be respected. The person who owns the Person-Centred Plan should be encouraged to take the lead on their Person-Centred Plan wherever possible and must be supported to make their voice heard.



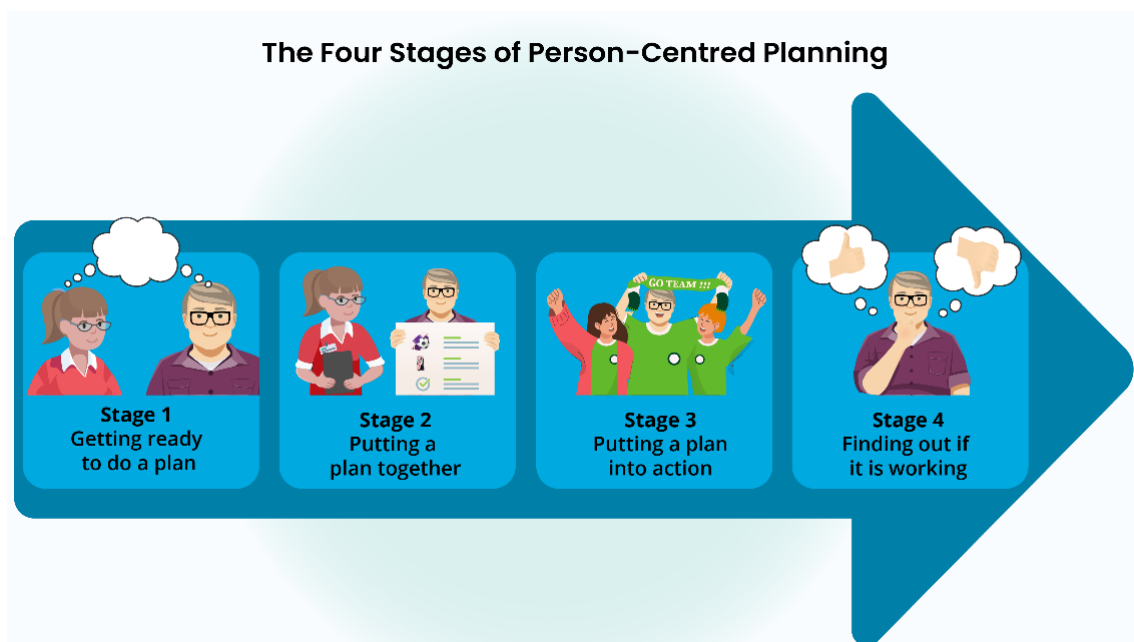
Service providers should make every effort to facilitate the participation of family members and their contributions should be valued. However, every person will have their own unique relationship with their family, and not everyone may want to have their family involved in the Person-Centred Planning process.

Some people may need a lot of support from immediate family members to engage with the Person-Centred Planning process. Others may wish to

broaden their Circle of Support to include extended family members, or more friends or volunteers.

3. How are family members involved in the Person-Centred Planning process?

The National Framework organises the Person-Centred Planning process into four main stages. Families may be involved throughout the process to support the person to manage change and to ensure a sense of continuity.



At Stage 1:

- Family members can learn more about Person-Centred Planning and how it might work for their family member.
- Family members, that know and understand the person well, can be a great source of information as a personal profile is developed. They can give valuable advice on how the process can be made accessible to the person.
- Families can help ensure that the Person-Centred Plan respects and reflects the identity and culture of the person who owns the plan.



- Family members may be part of the planning team for the person. They may help to establish a Circle of Support for the person. The Circle of Support does not replace the role of the family or of services in a person's life.
- Persons who own the Person-Centred Plans and their families may work with service providers to develop Person-Centred Planning policies.

At Stage 2:

- Family members may support the person to work out what they want in their lives, and to select and communicate their goals.
- Family members could support the person to break bigger goals down into smaller, more manageable steps.
- Family members may attend the Person-Centred Planning meeting.
- Family members often know their communities well and can be a source of information for community mapping.
- Goals relating to education, training, work experience, and career guidance can form part of a Person-Centred Plan. Family members may support the person to explore or communicate interests in this area.

At Stage 3:

- The Person-Centred Plan must include an action plan. Family members may be asked to support the person to achieve one or more of their goals. Family members will bring their own skills, interests, or talents to the Person-Centred Planning process.
- Family members may support the person to take part in their community, and to take up valued social roles.



- A good Person-Centred Plan sets a balance between choice and safety. Family members can support the person to be more independent and to engage in positive risk-taking.
- Family members may support the person to review and update their Person-Centred Plan. They can advocate with/for the person if their goals are not being achieved. They may help to identify barriers and challenges, and ways to overcome these.

At Stage 4:

- Family members can support the person who owns the Person-Centred Plan to celebrate their achievements.

- Persons with disabilities and their families should be viewed as experts by experience. Family members should be involved in evaluating how Person-Centred Planning is working in an organisation.



- Person-Centred Plans should influence organisational planning. Persons using services and their families should be part of key organisational decisions that affect them and their lives.
- Family members can share their learning around Person-Centred Planning with others in their organisation and outside.



Remember!

Person-Centred Planning should promote positive relationships between service providers, the person, and their family. It should respect and build on natural support networks.