

# MIRROR Leadership Training



## Workshop 3 - Planning for Change

The course that switches you onto politics  
Creating leaders for the future



# What is Person Centred Planning?

Person Centred Planning is a tool for getting the life you want

- You are at the center of the planning process
- Friends and family can help you with planning your life
- You work in partnership with professionals



# Person Centred Planning is owned by you

- The Person Centred Plan focuses on your wishes and needs
- It covers all areas of life
- Your Person Centred Plan is 'owned' by you.
- It is made into an action plan based on the services you need



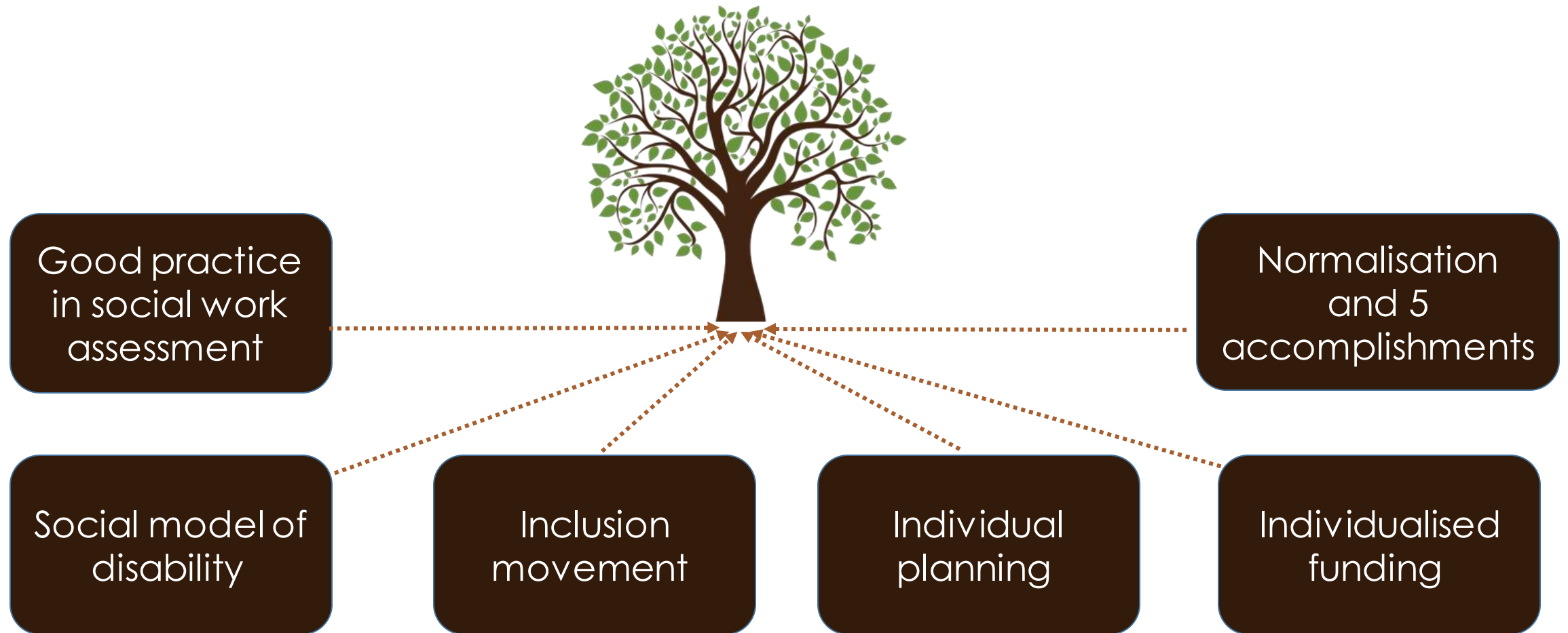
# Why do we need person centred planning?

- Disabled people's lives have been controlled by others
- People have been expected to fit into a limited set of services
- People's rights and choices have been denied and limited



# The roots of Person Centred Planning

Person Centred Planning has grown from the best ideas to help improve the lives of disabled people over the last 30 years.



# Person Centred Planning will

- Support you to lead your plan and make choices
- Ask you what you want out of life
- Help you make the changes you need

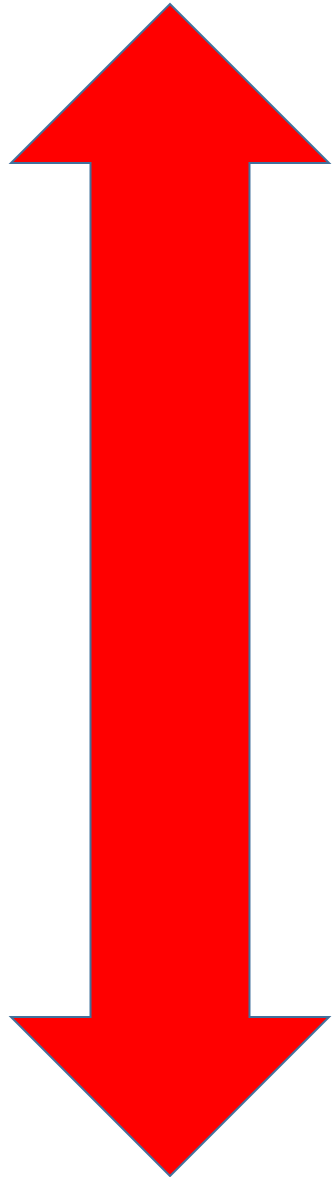


# Person Centred Planning helps you to work out?

- Who you are and what you have to offer
- Who cares about you and how you can involve them
- What your dreams, goals and ambitions in life are
- The action plan – what, who, when



# Ladder of Inclusion



**Included** - actively & fully involved in community

**Connected** - involved in community and starting to be know

**Present** - physically present with in the community but not actively involved



**Excluded** - not involved at all in community activity



# Ladder of Inclusion - football



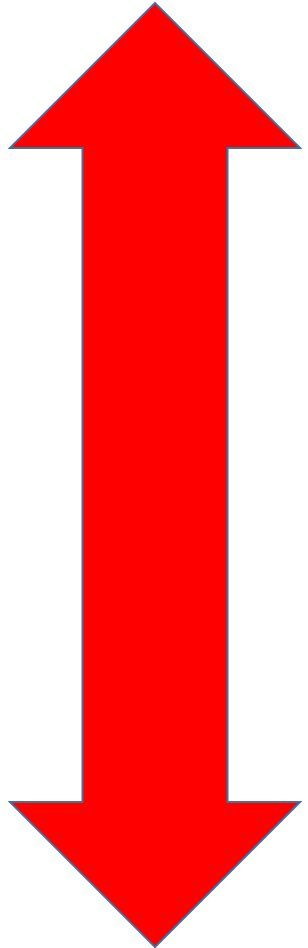
**Included** - known by other supporters by name and they look out for you at matches

**Connected** - joined football supporters club & got all the gear!

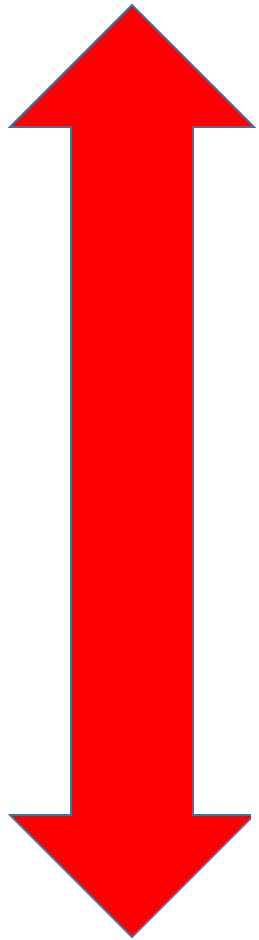
**Present** - going to matches with support



**Excluded** - known to be a football supporter but watch games at home alone



# Ladder of Inclusion - community activity



**Included** - actively & fully involved in community

**Opportunities to contribute** - volunteered for jumble sale, knitted blankets, baked cakes

**Opportunities to connect** - talked to vicar's wife, told about knitting for charity, social events

**Participating** - singing loudly, praying, going to coffee mornings



**Present** - going to church, sitting at the back, different staff each week

# How to map your own Ladder of Participation

Activity	Being present	Having presence	Actively participating	Opportunity to connect	Opportunity to contribute

# Who can you be?

Create a plan towards a dream life

1. What could you achieve in 3 years?
2. What could achieve in 1 year?
3. What can you do in a month?
4. Who can help you?

Make your own plan to share with the group



# An example of a Person Centred Planning tool

Now	Who can help me	1 Month	1 Year	3 Years

# Control your money, control your support

- You can't change the world
- But you can change you
- Even the littlest changes go a long way to unleashing your creativity and independence



# Personalised budgets and direct payments

- A personal budget is money paid to you by the local authority to meet your needs.
- You need to have an assessment to get a personal budget
- A direct payment is money paid directly to you to arrange and pay for the services your assessment says you need

# Personalised budgets and direct payments

- Section 50 to 52 Social Services and Well-Being (Wales Act)
- Local Authorities can give you a Direct Payment
- A Direct Payments means you (or your family) get money to employ and pay for your own support staff





# Personalised budgets and direct payments

## A personalised budget

- Puts you in charge and in control of your support needs
- Gives you the power to buy the support and services you need
- Means you get to make the choices about your needs



# Personalised budgets and direct payments

To get a personal budget and direct payments the Local Authority:

- Must be satisfied that Direct Payments will meet your needs
- And that you or your family can manage the payments properly



# Joe's story



Joe used to live in a care home



And he attended a day centre



Joe made a lot of progress in care and he felt it was time for him to live independently.



He has now bought a house of his own



Joe is happy and in control of his own life

He got Direct payments and employed his own staff team.



He got a job working for All Wales People First – he also got a degree from University



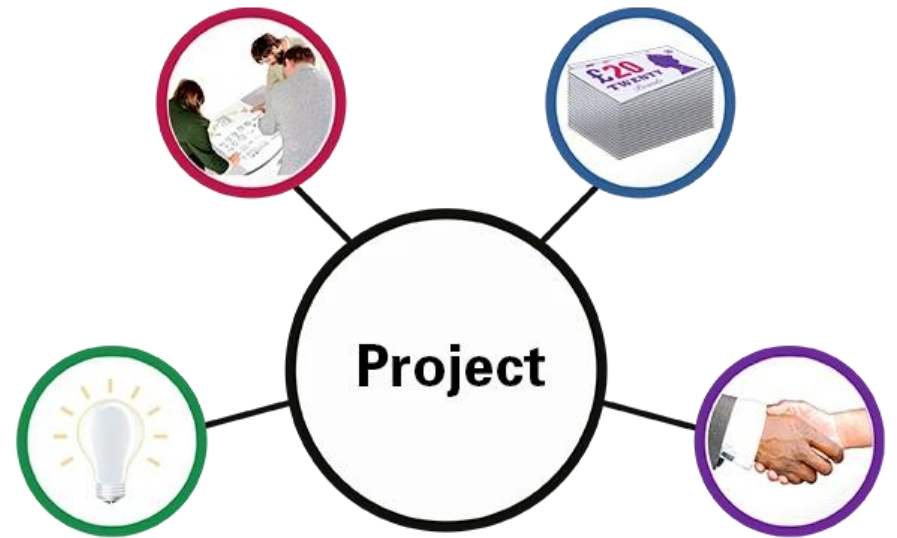
Joe became independent and didn't need support staff anymore.



And his own flat in the community.

# Deciding on a project

- Group discussion on which goal you are going to focus on
- It could be for you, your community or a group you are involved with



# Feedback

It would be great to hear from you

Please let us know how useful you found this training and send any other comments to:



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