



# Person-centred planning(PCP)

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MODULE 3. METHODOLOGY WORKING ON QOL WITH AAWID

SEQUENCE 1 PERSON CENTERED PLANNING

LESSON 1



# Disclaimer

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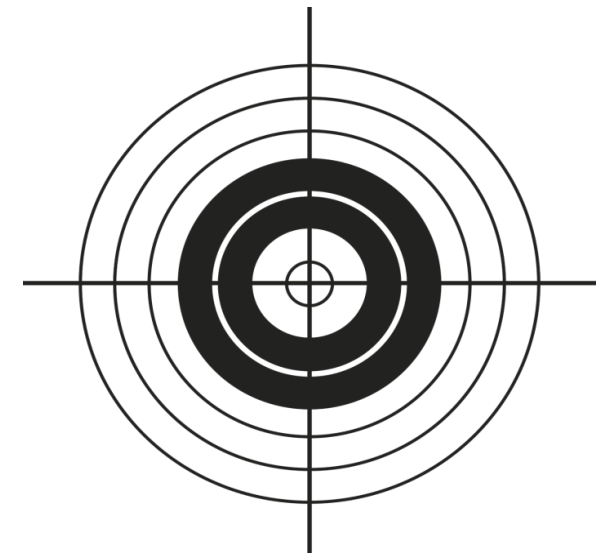
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# Objective

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To understand the relevance of the  
Person - Centred Planning  
as a process to implement the model of  
QoL



# Starting point

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## Having a good Quality of Life:

The process starts asking a person how she/he wants to live his/her life before determining his/her needs to achieve these life goals/desires.



# Person – Centred Planning (PCP)

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“When we use the term ‘**person-centred**’, we mean activities which are based upon **what is important to a person** from their own perspective and **contribute to their full inclusion in society**”.



Helen Sanderson, 2000



# Person – Centred Planning (PCP)

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- ❑ Person-centred approaches look to mainstream services and **community resources for assistance** and do not limit themselves to what is available within specialist services.”
- ❑ Is a **multi-component** complex intervention.
- ❑ There are **many different PCP approaches**.



# Person – Centred Planning (PCP)

## Common features:

1. The person is at the centre.



2. Family members and friends are partners in planning.

3. The plan reflects what is important to the person, his/her **capacities** and what **support** he/she requires.





# Person – Centred Planning (PCP)

4. The plan results in **actions that are about life**, not just services and reflect what is possible and not what is available.



5. The plan results in **ongoing listening, learning and future action**.

⚠ Despite the popularity of using PCP to improve the QoL of AAWID, research has only demonstrated a moderate impact on social inclusion and self-determination.





# Person – Centred Planning (PCP)

Person centred approaches	Traditional approaches
Build on <b>strengths and high expectations</b> .	Commence from a deficit and needs basis and low expectations.
Focus on <b>individual's unique interests and preferences</b> .	Focus on individual from a disability professional viewpoint.
Offer beyond what is currently available and <b>works towards the future</b> .	Look to what is currently available from a service.
<b>Tailors supports</b> to achieve the person's goals and future.	Fit the person into the service.
Focus on <b>organising individualised, natural and creative supports</b> .	Planning assumes the person will spend most of their time grouped with other people with disability.
<b>Sharing power and community inclusion with AAWID</b>	

# Conclusions

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- ❑ *“The concept of quality of life (QOL) is increasingly being used in the field of intellectual disabilities as a conceptual and measurement framework for program planning and evaluation”.*
- ❑ *“This framework is currently being used both nationally and internationally to assess and report personal QOL-related outcomes, to guide quality improvement strategies, and to evaluate the effectiveness of those strategies”.*



Schalock et al., 2008