



## Person Centred Planning

Self Unlimited believes that people with learning disabilities should have as much choice and control as possible over their own lives. If you are someone with a learning disability, then we also believe that the best way for you to achieve this is by placing you at the centre of all the decisions made about your future. We all need support at some point, but what we *don't* necessarily want is someone else to tell us how to live our life.

We operate Person Centred Planning in all of our regions to make sure that we focus on what you want to do in the future and the assistance that you may need to enable you to achieve your ambitions. This may be where and how you want to live and the sorts of things you would like to do during the day.

Using Person Centred Planning, or PCP, you get to choose a group of people to support you to achieve the life you want. This is called your 'circle of support' or 'planning circle' and usually consists of members of your family and friends, professionals from the local authority learning disability team and members of our own staff.

PCP helps you to think ahead and plan where you want to live, so that you can work towards that goal. It also helps everyone to focus on your specific abilities and, as a result, to encourage you to take part in activities that you would enjoy and prefer, not just to choose from those currently being offered.

We use all the decisions that are made during everyone's planning meetings to help us to decide what is most important to everyone. This helps us to ensure that we continue to offer you a wide variety of quality services in the future.