

Welcome!

A time to get a cup of tea, chat,
relax.



"The quality of our lives
depends on the presence or absence of things that are
important to us"

Objectives for the day



- To explore the background and context to Person Centred Thinking
- To provide opportunity to reflect on the use of Person Centred thinking for Cic in Halton in relation to their PEP plans,
- To experience some Person Centred Thinking tools and processes



Evidence-based research needs
IMPLEMENTING in order to be useful.





Partners in Learning

- We have planned this session to be fun and informative.
- As part of this we are partners in our learning.
- There will be times that you are asked to share with people on your table a little of who you are.
- If you are able to do this then great. If at any time you feel uncomfortable you have the right to opt out.
- Please feel free to stretch your legs and move around the room if you would like.
- Feel free to ask questions although please be aware I might not always have the answers
- We will be learning about person centred thinking and practice, this means we will be focussing on ourselves.

ICE BREAKER



1. Something you are pleased or proud of
2. One thing you are looking forward to
3. What do I like about me
4. Sum yourself up in 3 words

The purpose of using person-centred planning is to:



- 1** Provide a practical way for children/young people and their families to have choice and control
- 2** Focus on the positive aspects of a C/YP's life rather than on what they cannot do
- 3** Focus on the C/YP's strengths, interests, likes and the things that others like and admire about them
- 4** Discover and act on what is important to children/young people and their families
- 5** Aim to assist children and young people in leading inclusive and independent lives.

In person-centred approaches, children, young people and families are:

- At the centre of all work and full partners
- Treated with respect at all times by practitioners sensitive to family, culture, ethnic and socio-economic diversity
- Given timely, unbiased and complete information that can be understood and that supports ability to make informed choices
- Given flexible, responsive and individualised support, resources and services.

THE REAL WORLD

SERVICELAND



College



Friends



Hobbies



Pets



Work
Colleagues
Money



Home
Neighbours



Love
Marriage



Being ME!



Parties

Day Centres

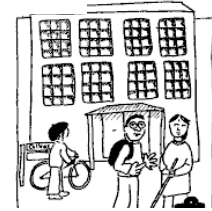
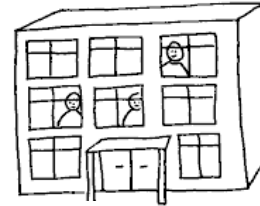


Special College
Courses



Special
Schools

Special homes



Special Bus



Special
Swimming



Values of Inclusion

Everyone needs support

All means all

Everyone can learn

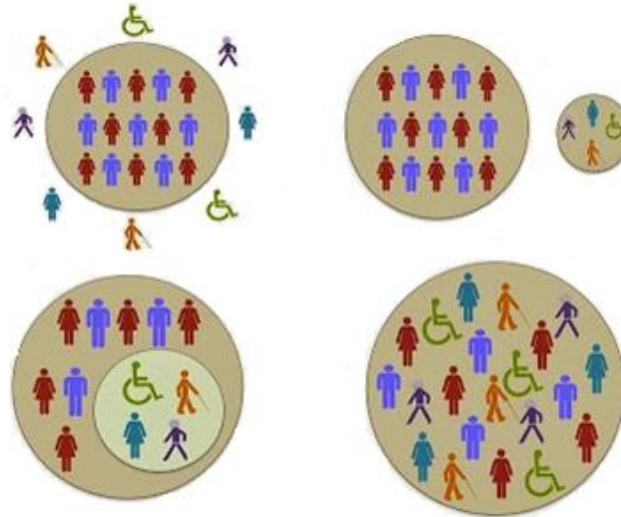
Belonging

Everyone can contribute

Everybody is ready

Everyone has a voice

Together we're better



EQUALITY VERSUS EQUITY



It is assumed that everyone will benefit from the *same supports*. They are treated equally.



Equity is about making sure people have *access to the same opportunities*.



Liberation.



Reflections

...We need to be sure we are focused on helping people get great lives and not just better paper.

Michael Smull

be the

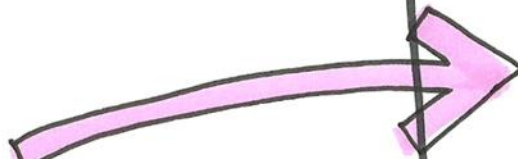
C**H****A****N****G****E**

you want to see

One Page Profile...

Information about you!!

Appreciation



①

What people appreciate about me

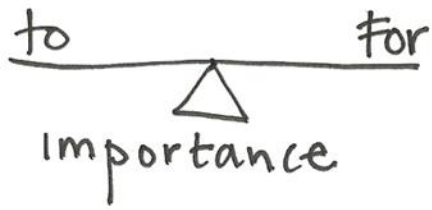
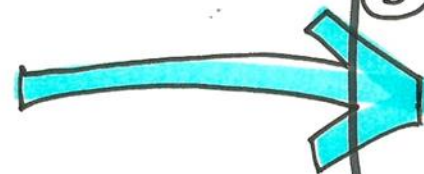
②

What is important to me



③

How to support me



 socially acceptable?



Important

for





Important

to



Embarrassed Frustrated Distressed
Anxious Uncomfortable Uneasy



Disengaged

Disruptive

Person Centred thinking

- Is about creating a balance between what is important TO a person and what is important FOR a person
- It is about being sensible!



- *'I like buying clothes and spending money and whilst it is important to me it is important for me to be given a budget so that I don't overspend and have no money for essentials.....'*

Tea, Coffee and Biscuits!



See you in 15 minutes!

One page profiles in a nutshell

...



<https://www.youtube.com/watch?v=NAYOnGe8TaM#action=share>

Emma's morning routine

- 6.30am radio alarm on (radio 4), no snoozing
- Bathroom visit
- Curtains open
- Go downstairs: sniff, say good morning to Scruffy, kettle on, wash on
- Return upstairs with hot water, fresh lemon and grated ginger, and turmeric (joints)
- Contacts in, tone and moisturise
- Make bed and get dressed whilst moisturiser being absorbed
- Make-up and wake-up India (7.15am)
- Go downstairs put 'beeper' on (10-15mins) – this is India's time window for getting downstairs
- Empty dishwasher (if needed), put on wash if not already done
- Prepare India's porridge (with mashed banana, raisins and extra milk on the side) and packed lunch, sometimes breakfast for me and cup of tea
- Give scruffy his breakfast
- Prepare school bag and work bag
- All teeth brushed and hair done
- Mac passes by and leaves house, not before discussing after school arrangements
- Squeeze in 5-15mins ironing (if ahead of self)
- Notice when Scruffy is sitting by the back door and let him out
- 8.40am Walk or drive to school (sometimes with Scruffy)
- Return home, pick up work bags,
- Set off to work via dog minders and sometimes shell garage (petrol, costa latte)



Jade's Morning Routine



5.20 Wake up to 'lovely day' by Anthony Hamilton – no snoozing!

If heating isn't on, run downstairs and put it on!

- Bathroom:
- Take multivitamins, folate (deficiency) and probiotic with very cold water.
 - Brush teeth.
 - HOT shower - wash hair first so conditioner can soak and use Paula's choice cleanser and Peter Thomas Roth's exfoliator
 - Dry whilst still in shower.
 - Moisturise: face with Nivea, legs with E45.
 - Brush hair.

Good Morning

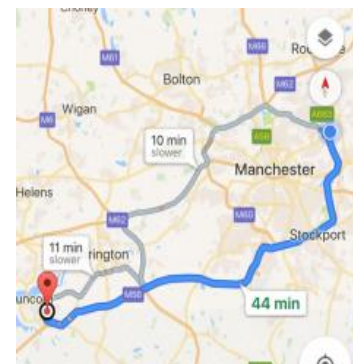
6.00 Wake Sam up

- Bedroom:
- Get dressed.
 - Put makeup on.
 - Dry hair.

6.30 Go downstairs and put TV on (news or breakfast show)

- Downstairs:
- Make teas or coffees (depends on how tired we feel)
 - Wash dishes/clean kitchen if time permits
 - Make breakfast (cereal or toast)
 - Eat breakfast (hopefully with Sam)
 - Check/pack bag

7.00 Check journey on google maps and leave for work!



have a
good





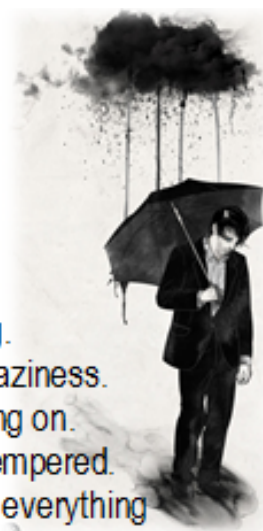
- Think about your morning routine.
- Use the paper in front of you to detail it as I have mine.
- Share only what you feel comfortable with sharing as we will be asking each other questions about this.

Good Day



- ☉ Wake up on first alarm, feeling motivated.
- ☉ Went to the gym, feel accomplished.
- ☉ Timings in morning go to plan – ready quickly with no stress.
- ☉ Have a healthy, FILLING breakfast (and snacks!)
- ☉ Leave for work early, minimising driving anxiety.
- ☉ Arrive for appointments early, leaving lots of time to park and figure out where I'm going.
- ☉ Meaningful appointments/tasks in which I have felt I have made a positive contribution.
- ☉ Had a chance to reflect and share with colleagues.
- ☉ Have learnt something new.
- ☉ Felt 'awake' and motivated throughout the day.
- ☉ Still energised and motivated after work.
- ☉ Cooked a nice tea and prepared lunch.
- ☉ The house is kept nice & tidy.
- ☉ Know how my family is and have plans to see them soon.
- ☉ Have read in bed before going to sleep.
- ☉ Have had relaxing time with Sam getting lots of cuddles and attention.
- ☉ Have found some time to practise either vocals, ukulele or learn a new guitar chord.

Bad Day



- * Wake up late, feeling tired and groggy.
- * Feeling anxious, stay in bed ruminating.
- * Don't go to gym because of tiredness/laziness.
- * Cold bathroom - forgot to put the heating on.
- * Rushed getting ready, become short-tempered.
- * Struggling to find things, begin viewing everything negatively.
- * Negative interactions with Sam because of my mood.
- * Bad hair/face day impacting on mood, confidence and self-esteem.
- * House and kitchen messy in the morning.
- * Bad traffic, late to appointments/meetings.
- * No pre-made lunch so eat something unhealthy.
- * Workload feeling unmanageable and overwhelming.
- * Sam coming home deflated, down or stressed and not being able to help him.
- * House and kitchen messy, feeling out of control, overwhelmed, with no energy to try and fix it.
- * Noticing things that need doing and making an endless, overwhelming mental list that leads to panic.
- * Going to bed feeling unaccomplished.



Emma's Good Day/Bad Day



GOOD DAY

- ✓ Wake up feeling refreshed and stomach not full
- ✓ Feel OK when look in mirror, inspired in choice of clothes
- ✓ Morning routine calm and positive interactions with children, not rushed
- ✓ Time to call to Starbucks on way to first meeting / school visit for flat white
- ✓ Get offered a cup of tea at some point in morning
- ✓ Good connections and conversations throughout working day with playfulness and humour thrown in
- ✓ Manage to achieve all I have planned for the day, been time efficient
- ✓ Feel I have energy at end of working day and positive with hubby and children
- ✓ Do something productive in evening followed by an hour of totally absorbing telly
- ✓ In bed by 10.30pm having used clarisonic, deep sleep as soon as head hits pillow

BAD DAY

- ❖ fall back to sleep after alarm so get up late and everything rushed
- ❖ be grumpy with Mac and India
- ❖ Come down to jobs that I should have done the night before
- ❖ Scruffy poos or pees in the night
- ❖ Traffic horrendous in village takes extra time to go to dog minders and so late for 1st appointment
- ❖ Feeling anxious through lateness and subsequent feelings and thoughts of 'being stuck'
- ❖ Negative self talk replaying scenario in head, berating self
- ❖ Feelings and thoughts of not making a positive difference
- ❖ Grumpy with kids and hubby upon return from work
- ❖ Emotionally & physically drained n evening
- ❖ Don't do any planned jobs and fuff about



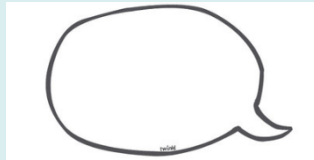
- Think about your good day/bad day.
- Use the paper in front of you to detail it as I have mine.
- Share only what you feel comfortable with sharing as we will be asking each other questions about this.

Important to

Prefers to

To best support

Guess



Ask

Write



Lunch Time