

How Person Centred Planning Changed My Life

By Alexander Warren

Me at 15...



I may be smiling but I felt depressed
I was in a special needs school and felt excluded from the real world
No one seemed to be listening to ME. They kept telling me what was best for me.
I had dreams about becoming an actor but I was told this was unrealistic
Teachers seem so frightened of us failing that they don't give us anything challenging
How do they expect us to work hard at something we don't want to do?



“Dreams can tell you about who a person is – not just what they want”

Steve Coulson from Edinburgh Development Group came to my school and offered PCP sessions for parents and young people.

I volunteered and they did a person centred plan for me with a group of my family, my teachers and my friends

There were various parts including “Who is Alexander”, “My Dreams”, “What is Needed Now” and “Action Plan”

Everyone was finally listening to me. I had a way forward towards something I wanted to do.

Person-centered Planning didn't just change my life, here's what my parents said:

“It made us listen to Alexander”

“It was brilliant – it was the first time we say an open minded approach that wasn't negative. It opened our eyes that there were options out there”

“There wasn't an obvious career path for Alexander but we knew he had so much to offer”

“We had to learn to let go”

“Alexander continues to put a spark in everyone's lives”

MAPS and PATHS...

If you are a bit lost and worried about the future and you don't know what to do after school – then **MAP** can be really helpful.

If you know what you want to do in life – but are struggling about how to get there – then **PATH** is the one for you.

Person Centred Planning allowed me to express myself – sometimes with ideas I didn't know I had.

It got me trying harder to achieve my goals, and excited about my future.

My life now...



- I run my own business: **AJP Dreams**
- I still have ongoing health problems but I manage to deal with them
- I still using plans to help me get where I want to go

- I did a new plan at the beginning of 2019 as I was feeling a bit stuck with work
- My next plan will be about moving into my own place
 - *I still have a lot to do!*

Everybody needs a plan!

WHO IS IT FOR?

Everyone needs a plan!

Especially:

- if you are a young person in transition who has no idea what you want to do after school.
- if you have an idea of what you want to do but don't know how you can get there.

WHY SHOULD YOU DO IT?

- You will get to feel listened to
- It will help you to figure out how to make a way forward towards something you want to do.

HOW DOES IT WORK?

- The first step is having the right people involved!
- You need to have a say in who comes along
- It's the people who love and care for you and can contribute to the plan who should come – it's helpful to have a wide spectrum of people involved
- Find someone who is trained in Person Centred Planning
- The person facilitating the plan has to use open ended questions

REMEMBER!

- The plan isn't the answer, it's the start of the journey. It's not easy, everyone involved needs to work hard on it
- No one should your dream even if they think it feels unrealistic at first, they should take time to figure our why it is important to you
- You have to *WANT* to do a plan
- All young people should be helped to see the importance of good person-centred planning and the difference it could have in their lives

You can find more information about the organisations in your area that offer person centred planning by contacting:

- Disability Information Scotland - <https://www.disabilityscot.org.uk/>
- The Person Centred Planning Network Scotland - <https://pcpscotland.wixsite.com/network>