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TOP TIPS PERSON CENTRED CARE PLANNING

to develop & support

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based on work by Lesley Gledhill & Ruth Gaballa

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start with **CELEBRATING** the positive, what's working?
Think about how it reads to other people.



Avoid creating a reputation for people



If the person doesn't want to be involved - note it.

Involve people who know them best



Only write in "I" statements if the person has been involved



Remember, at times when people are acutely unwell that you may need to help them to maintain their own safety in terms of vulnerability/sexual safety issues

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Getting to know what matters to people - JUST ask 6 questions.

1. Who are the important people in your life?
2. What makes a good day / a bad day?
3. What make u feel better when you are stressed, unhappy or upset?
4. What do you usually/always do in evening & at weekends?
5. What do you never leave home without? (in bag/purse/pocket)
6. what would your close friends & family say they like about you?

Not everyone is the same one size doesn't fit all



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<http://nww.cwp.nhs.uk/Pages/home.aspx> Person Centred Thinking & Planning tools tile

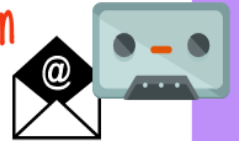
access these tools

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consider how the format of the plan needs to support the person

level of literacy, use of language other than English, age disabilities, sensory impairments, cognitive impairments



Use everyday words, no acronyms, no jargon.

Short sentences 15-20 words long font size 12-14 arial

white space makes it easier to read

avoid WRITING IN CAPITAL LETTERS

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use peoples own words document any disagreements include your clinical judgements

COPRODUCE the plan wherever possible - if you can't then involve people who know them best



use 'my safety plan' to coproduce what i need to do if i am in crisis this goes into contingency part instead of a list of numbers.

Crisis Planning

Who, what, why, where, when have you asked these questions and coproduced an action plan?



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Advance statements

support the person to write an advance statement as a way for them to say how they would like to be treated, and the practical support they need if they become unwell.

Remember to talk to people about vulnerability/sexual safety issues to help keep them safe



Make clear what is on offer from CWP & ALSO look at the roles other people/organisations can offer in supporting the person.

the key to this is **Being realistic** to ask the 6 questions (in 3 above)

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