

Who will help with my plan?

- People who are important to you
- Your family and friends
- People who work with you such as your support worker or key worker
- Your care manager



How do I get a person centred plan?

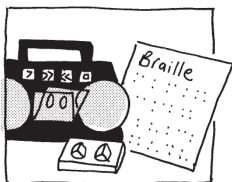
You can contact your care manager or speak to someone in the Person Centred Planning team.



Telephone: 01670 536 400



Person Centred Planning Team
Foundry House
The Oval
Bedlington
Northumberland NE22 5HS



If you need this in another format or language, please let us know



Information Sheet: Person Centred Planning in Northumberland

“Person centred planning is about being in charge of what happens in my life and getting people I want and trust to help me make things happen.”

Self Advocate

What is person centred planning?

It is about:

- Listening to you and learning about what you want from your life
- Helping you to think what you want now and in the future
- Family, friends, professionals and services working together with you to make this happen.



Who is it for?

It aims to help people with a learning disability (and in some cases other types of disability), aged over 17, who are from Northumberland. It includes:

- people leaving hospital care
- young people moving into services for adults
- people who live with their families - especially those whose parents or carers are over 65 years old
- people who have a change in their housing needs
- people with high support needs
- people from Northumberland who are currently living outside the area.

Your Person Centred Plan will focus on the things that matter to you such as where you live, what you do during the day, your social life and relationships



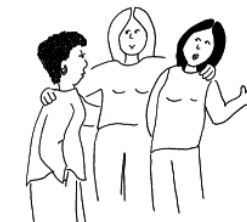
Social Life



Where I live



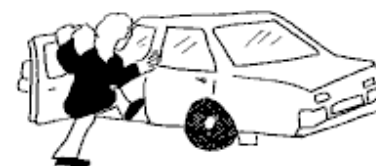
It's my Life!



Relationships



Sport and Leisure



Getting out and about in your community



Working, training or education

Your plan will inform yourself and other people who are important to you about the help and support needed to reach the goals and work towards your dreams.