

Listen To Me

Person Centred Planning Workbook



This book belongs to:

Please don't read it unless you have my permission

Updated in July 2005

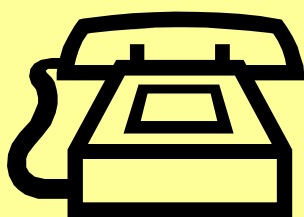
The questions outlined in this book are derived from "Listen to Me", (Michael Smull and Bill Allen) and "Thoughts about my life" (by Karen Manning and Michael Smull)

This is a workbook for you, to help you think about how you want your life to be. You can write about things you like. Your workbook is a way to tell people about what is important to you.

You can put the information in whatever way you want. Some people write, some draw, some stick photos or pictures. Add more paper if you need it.

At the end, you can put the information together to let people know what is important in your life and what help you want. This is a start to what is called an essential lifestyle plan.

You can share the book with people you trust to help you and care about you. Together, you can work to get what is important to you.



**If you need any help with this plan or would like to ask a question,
Contact Tom Alexander PCP Co-ordinator on:**

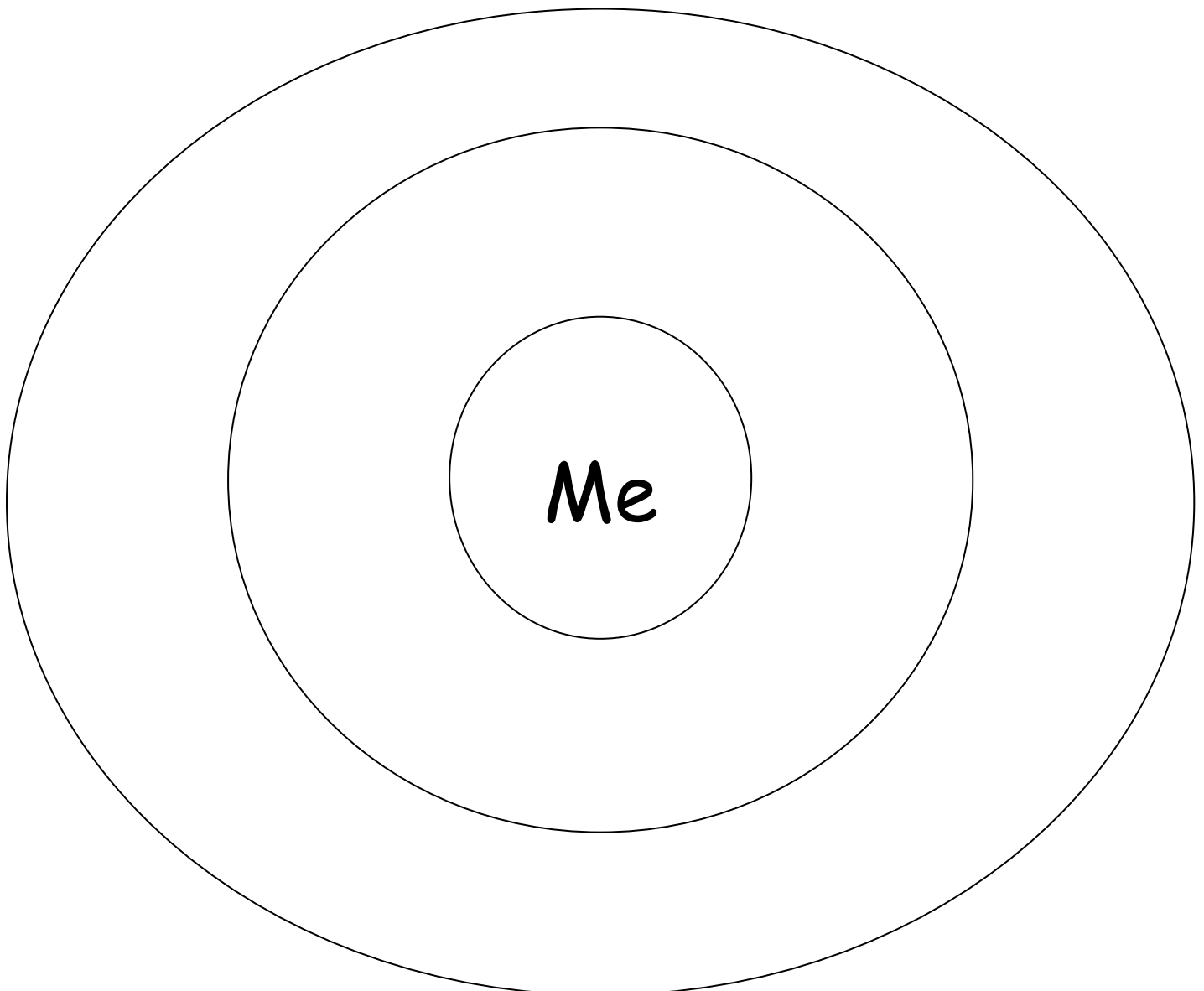
0208 770 4983

1. Who is part of my life?

Who are the people closest and most important to me?

Example: People in your family, friends and neighbours, people at the day centre, work or clubs.

Think about who they are, and then write their names in the circles below. Some people write the names of people who are closest to them in the middle. You may want to use photographs.



What others like and admire about me

What are some great things about me?

What do I like about myself?

What are some nice things people say about me?

What do people thank me for?

Please fill in below-you may want to ask other people
some of these questions



How I like to Communicate?

Communication Chart A

When/Time of Day/Placedoes	We think it means	What do we do when they do it?

What do I understand?

I understand some words

I don't seem to understand any words,
but I understand facial expression and tone of voice

Communication Chart B

What do I understand?

I understand most of what you say

I understand short phrases

I understand some words

If I don't understand you, I will let you know by...

I can communicate with you by using ...

Special things you need to remember when communicating with me...

At Home

At work

At Day Centre

What I like to do

In the evenings

For fun

On holiday

What do I Like/Dislike?

Music/films/TV

Hobbies/activities/collections

What things I don't like to do

My Favourite Things to do

At Home

Out and About

What possessions are important to me?

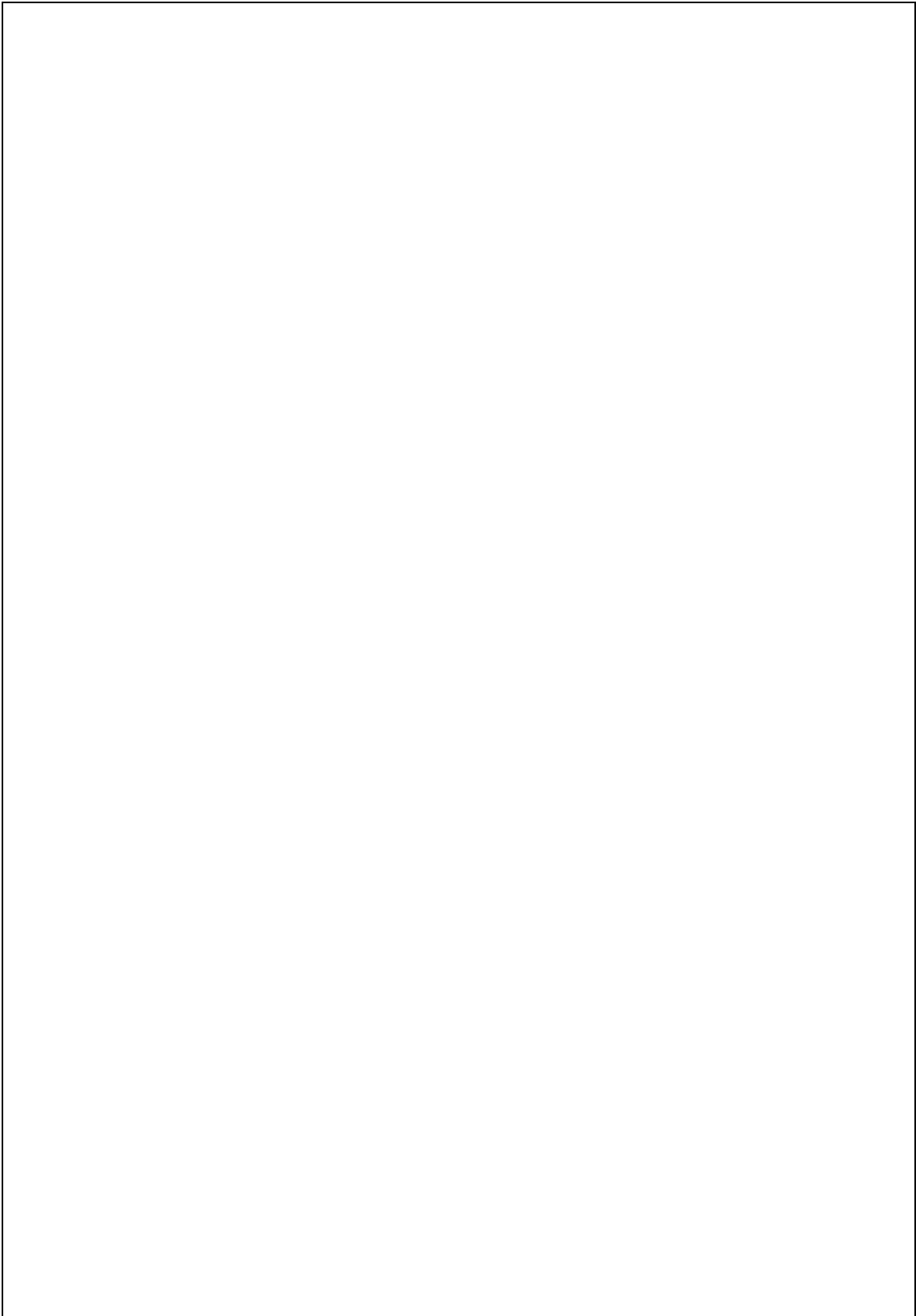
Food that I like

What are your favourite foods?

What do you like to drink?

Are there foods that you don't like?

My Story

A large, empty rectangular box with a thin black border, intended for writing a story. The box is positioned below the 'My Story' header and occupies most of the page's vertical space.

During the morning

- What are my mornings like at the moment?
- What do I do when I first get up?
- What do I like for breakfast?
- What time do I leave the house
- What makes me happy in the mornings
- Who do I like to be around?
- What would my favourite breakfast be?
- What could upset me in the mornings?

When I get up....

Breakfast....

Time to leave.....

What makes me happy/sad/angry in the mornings....

During the Day

- What do I do during the day?
- Where do I go and like to be?
- Who do I spend my time with?
- What activities/things do I do?
- What are the things that make me happy during the day?
- Where do I dislike going during the day?

Monday	Tuesday	Wednesday	Thursday	Friday

In the Evenings

- In the week, what do I normally do in the evenings?
- Who do I like to be with?
- What activities do I like to do?
- Where do I like to be?
- What could upset me?

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At the Weekends

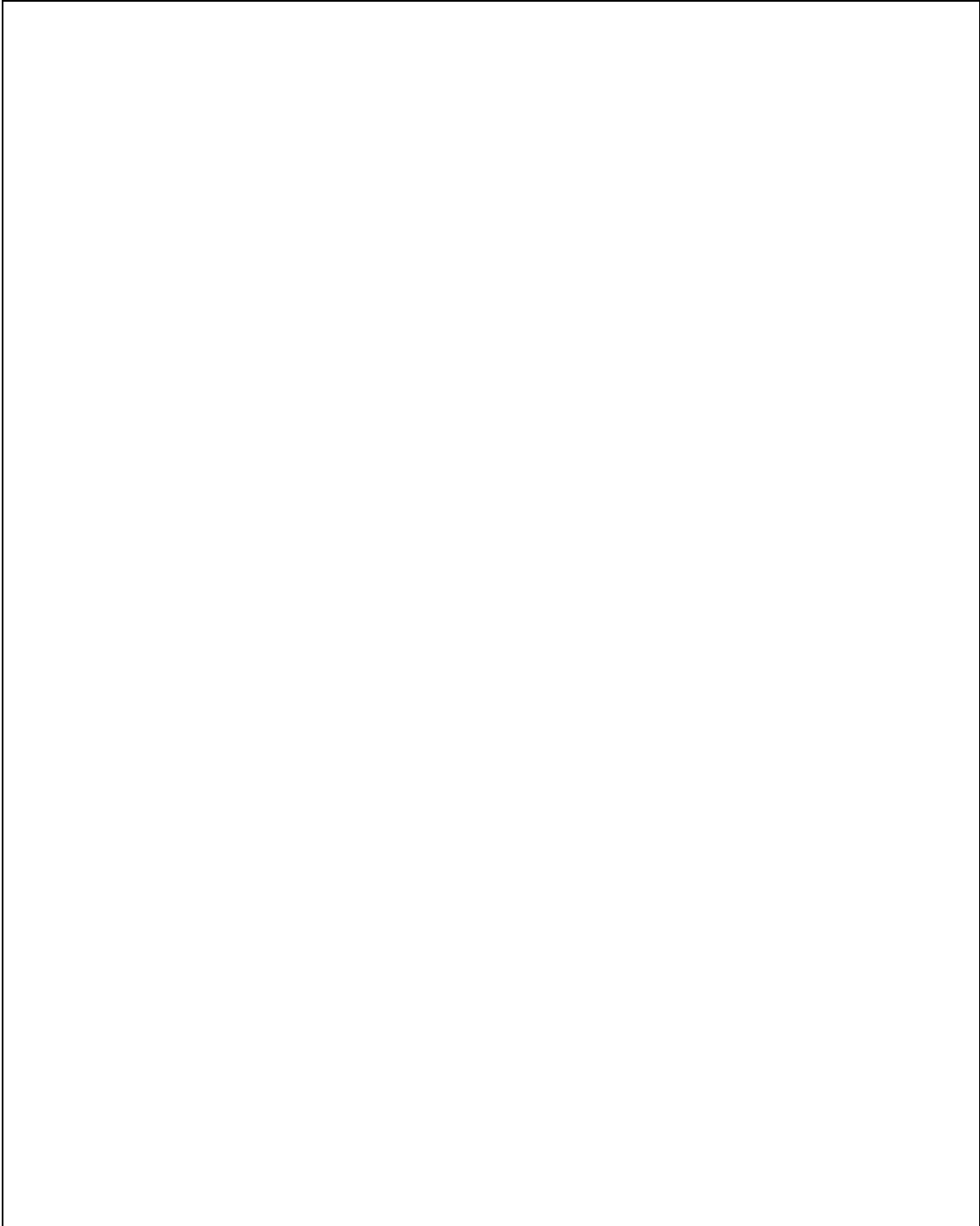
What are my Saturdays and Sundays like at the moment?

- What is my favourite way to spend a weekend?
- When do I get up, and who would I like to spend the day with?
- What do I like to eat?

	Saturday	Sunday
Mornings		
Afternoon		
Evenings		

How do I Celebrate?

What is my favourite way to spend my Birthday, Christmas or other special times?

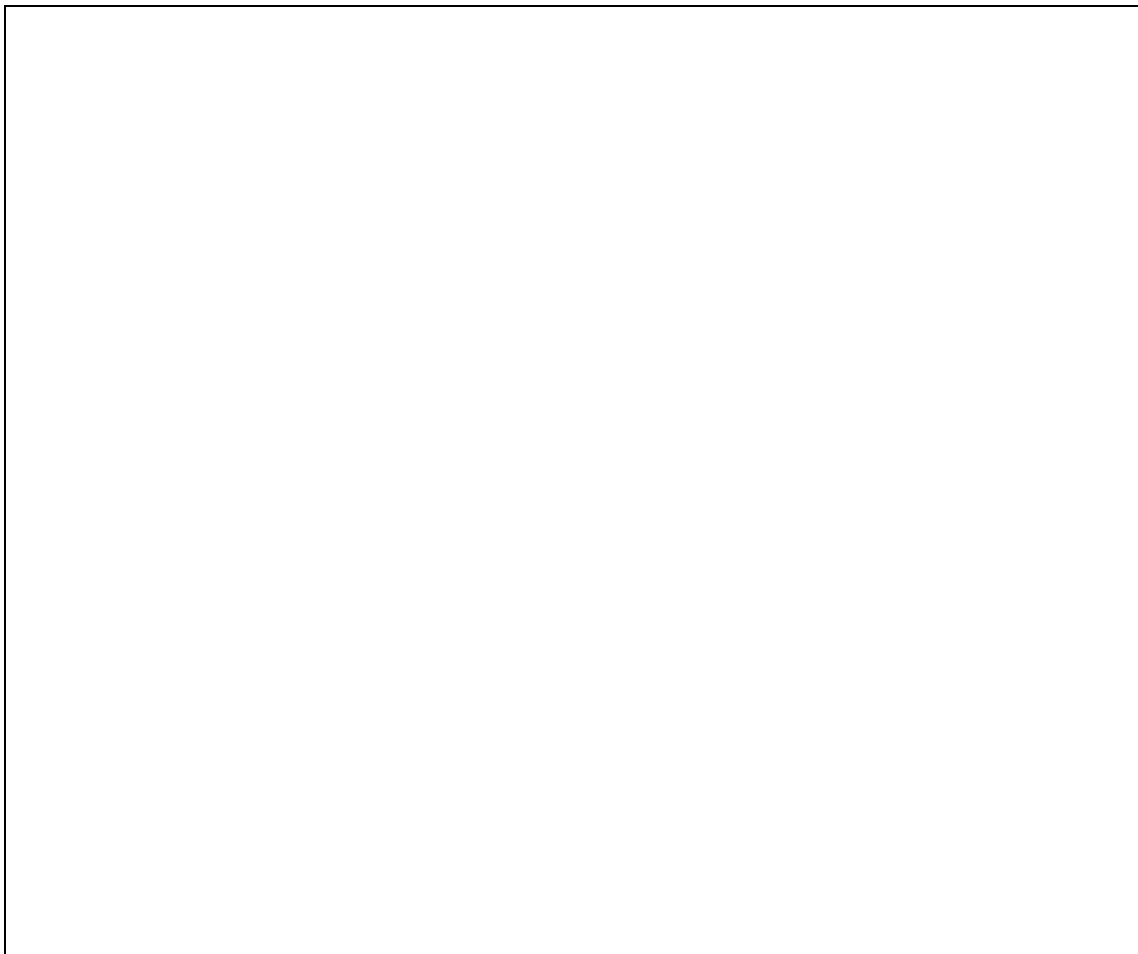
A large, empty rectangular box with a thin black border, intended for the user to write their answer to the question above.

What is important for me about where I live?

What do I like/dislike about where I live now?
Where would I like to live in the future?

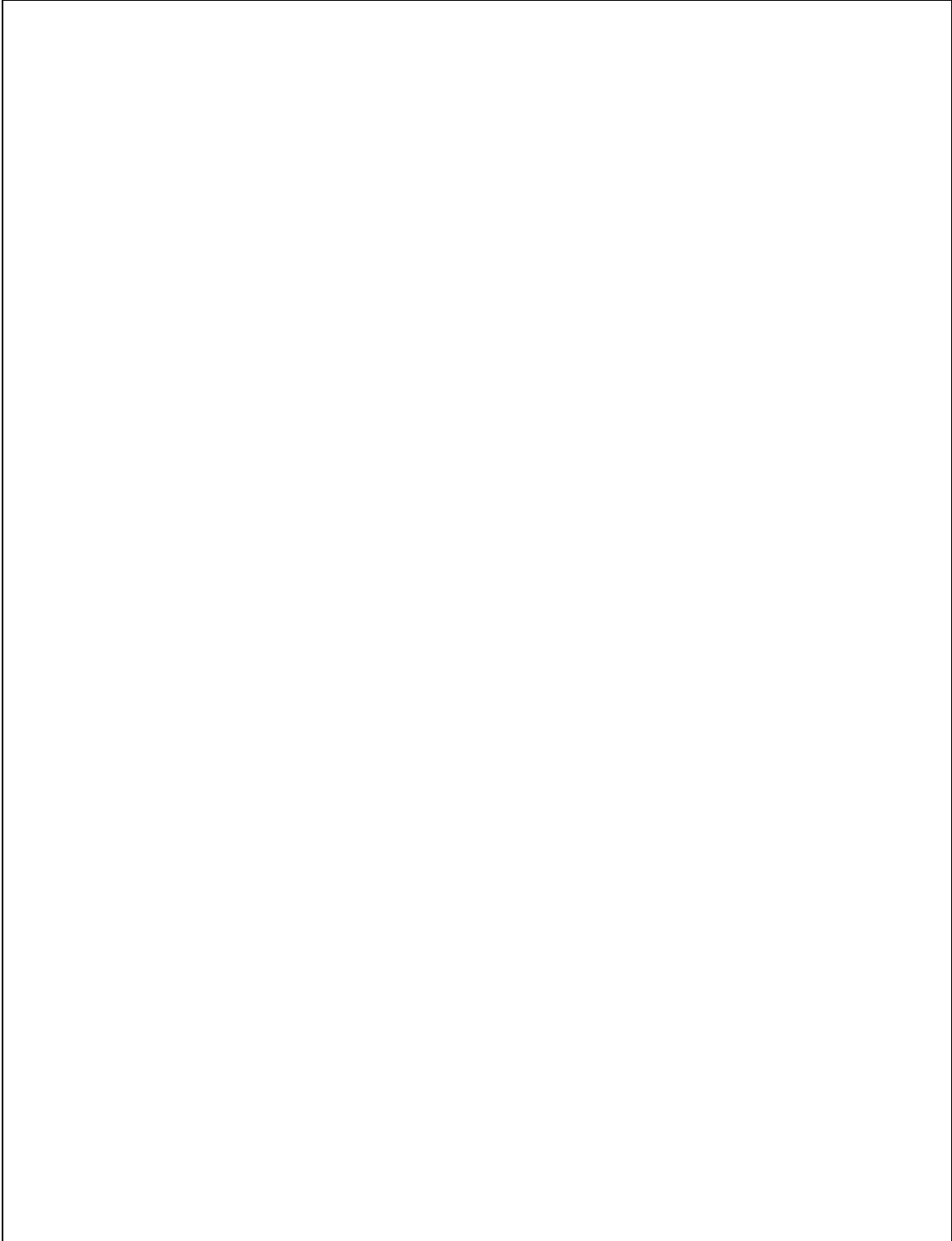
Things to think about:

- The people you would want to live with
- The sort of house/flat you would like
- A room of your own
- Having people to help you



How do I look after myself?

What do I do to stay healthy and well?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

What changes would I like to make in my life?

If I could change something in my life, what would I change?

What would I stop happening?

What would I like to start doing?

Where would I like to go?

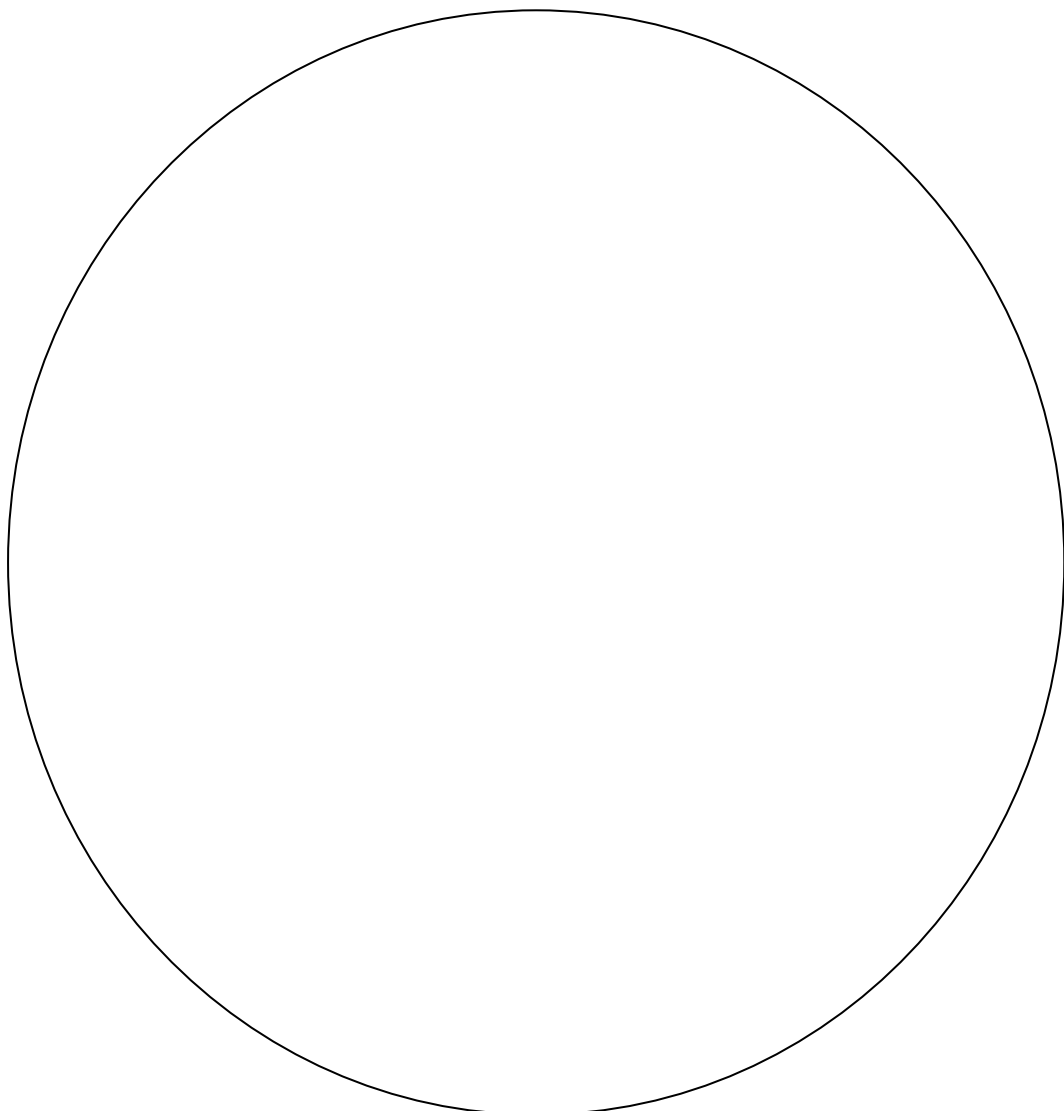
My Hopes and Dreams for the Future

What are my hopes and dreams?

Where would I live and with whom?

What would I do during the day?

What would I do for fun?



Putting this all together

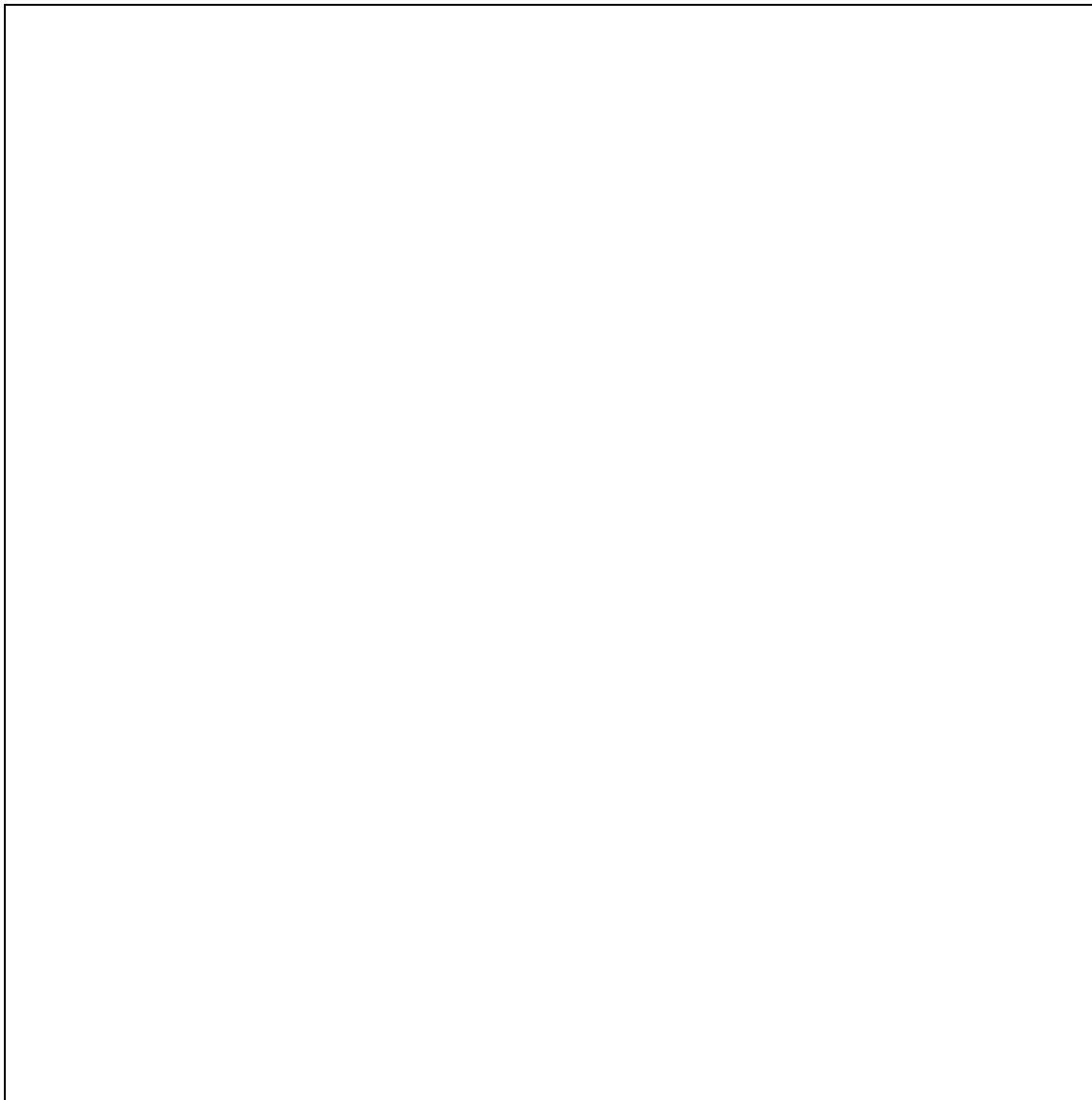
What is important in my life?

Look back at the things that you wrote on these pages

What is most important for us to remember?

What things do you want to make sure are in your life
everyday?

What things do you want to make sure are NOT in your life
everyday?

A large, empty rectangular box with a thin black border, intended for the user to write their answers to the questions above.

What support do I want?

Look back at the things that you wrote on these pages and write down what help you want with those things that are most important

In the morning

During the day

In the evening

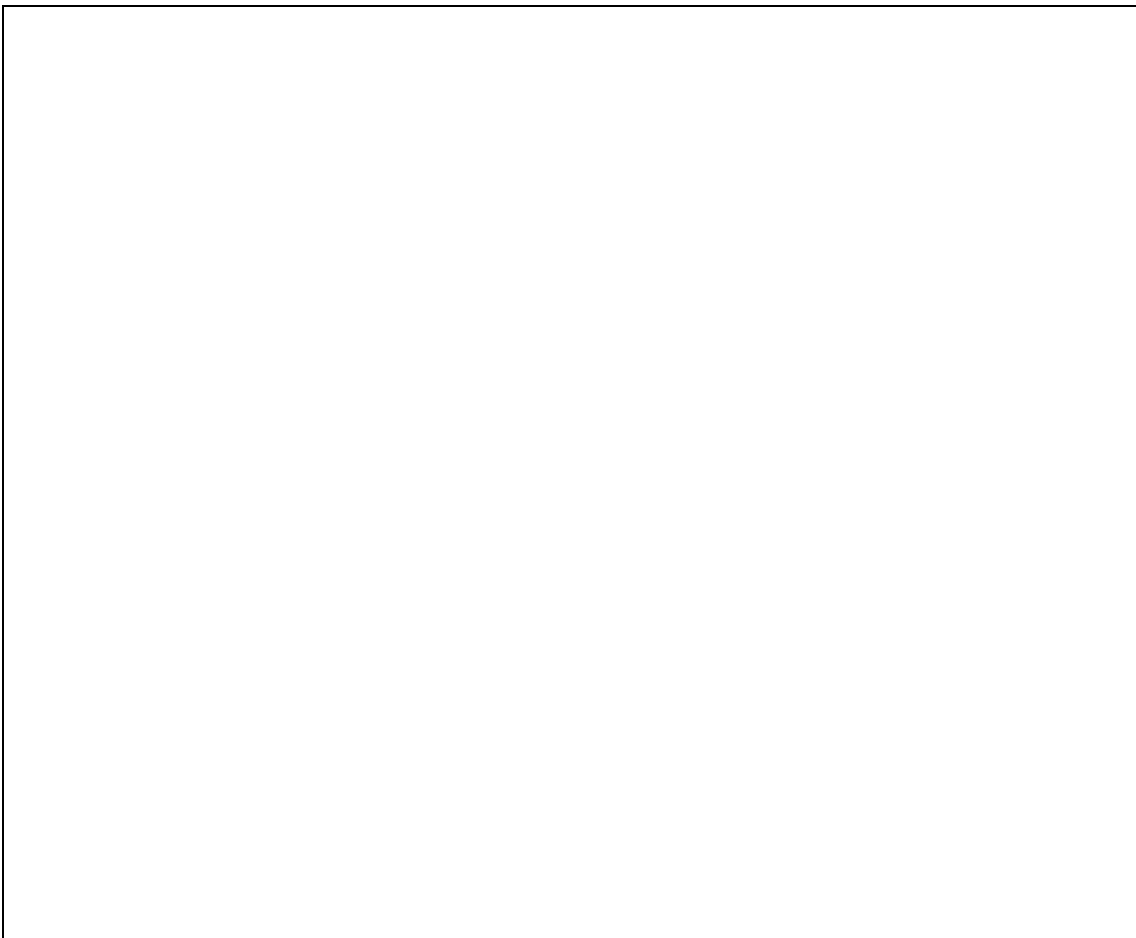
At the weekends

Are there other things that other people need to know about you to help you?

Are there certain things we need to know or do to keep you healthy and safe?

Are there things we need to know about the food you eat?

What kind of people do you like to help you?



Getting ready for my meeting

Now that you are happy with your plan, the next step is to make sure that things happen.

One way is to have a meeting with the people who are important to you, to show them your plan, and talk about what you want to happen.

This section is for you to think about how you want your meeting to go.

1. Who I want to come to my meeting
(Look at your circle to help you with this)
2. What day and time best suits me
(Look at your timetables to help you with this)
3. Where I want my meeting
(where do you feel comfortable? What needs to happen for me to feel comfortable and enjoy my meeting?)
4. How I want to be involved in my meeting
(How can my facilitator help me?)
5. How I want to prepare for my meeting

How do we make sure that things happen after the meeting?

ACTION PLAN

Date:		
What?	Who?	By When?

Implementing the plan

Questions to answer at the meeting

How can we ensure the plan happens?

How will we know how well we are doing? How will we share and record how we are learning about the person

How will we share the successes and barriers of implementing the plan with others in the service?

What can we do to keep learning/supporting the person to have new opportunities?

Date	Activity	Who was there:	What worked well about the activity? What should continue? What did you learn?	What didn't work? What must be different? What did you learn?