

# How can person centred planning help me?



Person centred planning will support you to make choices and positive changes in your life.

A Person centred Plan is about you. You are the most important person in the plan.



Your facilitator will help you put this together and put the information you have discussed into your plan so that everyone can read it easily.

## What are the benefits of a Person centred Plan?

Makes sure your wishes and feelings are heard!

Helps you plan for your future.

Helps you stay in control of your life.

It will identify the support needed for you to reach your goals.

