

Person centred planning with people in Swanley

Swanley Development Programme Project



Introduction

Community Futures Kent and Voluntary Action Within Kent have been working with Kent Social Services to support people with learning disabilities to make a record of their lives and the things they would like to achieve in the future.

Person centred planning continues to be important in re-shaping the services people receive and help people to be part of the local community. Planning also supports independence and working with family and other people important in a persons life.

Background

This report will tell you about the work we have done over the last year.

It is based upon the work we have done with a further nine people to think about their lives and what is most important to them.

It will also tell you about some of the other things that have been done as part of the project and to share ideas with more people.



voluntary
action
within
kent

community matters



Main Messages

- People all wanted to plan and enjoyed the process
- Preparation time and co-ordination of planning exceeded the time set aside. This was also found in the planning we did with people in 2009.
- Family involvement is critical to the success of the planning for some people. Further work is required to develop long-term trusting relationships where planning can become a true partnership based on a 'whole life' approach
- There needs to be a flexible approach to planning that recognises when people want to work on their plans and are fit and well to do so.
- Person centred planning needs to address the daily issues in people's lives as well as the big issue of what is wanted and needed for the future
- Planning must look for the best in people even at times of great distress or upset
- Most people from Year 1 had not updated their plans but were found to have continued to work on their action plans

- Action plans related to service provision need to be shared with key people to ensure that work is undertaken across services or community supports. Action plans must have key people named and completion dates agreed.
- Planning must record and respect the things people feel and want even if there is not universal agreement from others in their lives.

Recommendations from Findings

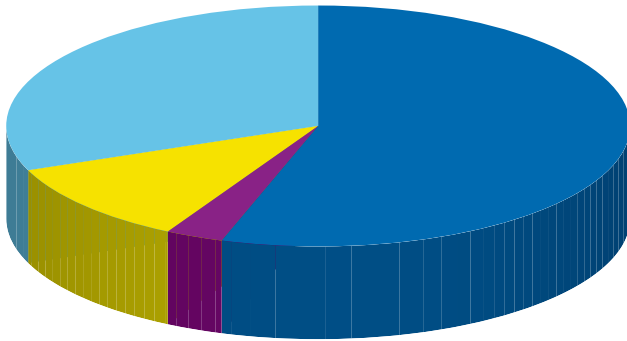
- Residential Services may require further input to embed person centred planning into their everyday working practices
- Further work needs to be done to explore the relationship between person centred planning, Care Management and resource allocation
- Further work needs to be done to enable Day Services Staff to have the time, flexibility and resources to support the continuation of planning and implementation of action plans
- The development of a local delivery plan to bring together the work of the voluntary, community sector and public sector is needed to maximize resources and avoid duplication



Year 1 Review of Planning

All ten people we worked with in 2009 were visited and action plans were reviewed to discover how many goals had led to successful outcomes. A summary is presented in the graph below:

Outcome of goals set 2009 = 10 people



- Achieved 55%
- Modified 3%
- Abandoned 11%
- Ongoing 31%

From the 75 goals set more than half had been achieved. These included some significant changes for people.

These included:

- Take up of direct payments and recruitment of Personal Assistants
- Uptake of voluntary work within the local community
- Use of spoken language by a person who had previously only spoken to close family members
- Uptake of adult education classes for three people directed to improved literacy and IT skills

- Uptake of short breaks with a PA – the very first time this person had been away from his family
- Alleviation of barriers enabling one person to develop a personal relationship
- Uptake of social, sports and leisure opportunities in the local community
- Exploration of housing options and moving out of the home to live more independently in the future
- Understanding health issues and the implications for the individual and starting activities to maintain mobility
- Realisation of personal dreams including one person wanting to be photographed with huskies
- Home services support for one person leading to the individual and family spending time with others to pursue own interests through direct payment

Almost a third of goals were ongoing. These included work on personal communication, housing issues and personal ambitions.

Goals abandoned were generally found to be specific things that people had decided not to pursue. These were not generally associated with lack of funding or support but changed priorities or interests.

In total 89 new goals were set across the ten people

1. 'Did it make a Difference' January 2011. Available from VAWK or Community Futures Kent main offices.



Year 2 - The People Who Took Part

The project asked people who attended Swanley Day Services if they would like to make their own plans.

The aim was to make sure the people using the day service had their own plan that said what they wanted now and for the future.

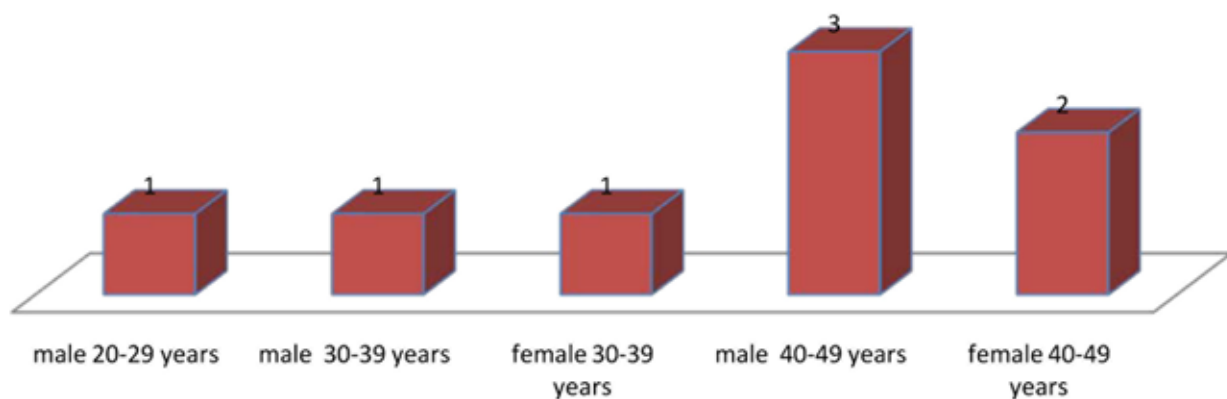
This would help people to think about their whole lives including evenings and weekends.

We started work with 10 people, one person was unable to continue and one person decided to plan for themselves.

From the eight people we supported

- 4 people lived with their families
- 2 people lived in their own home
- 2 people lived in supported residential care

Age and Gender of People Participating in the Programme





Main Findings

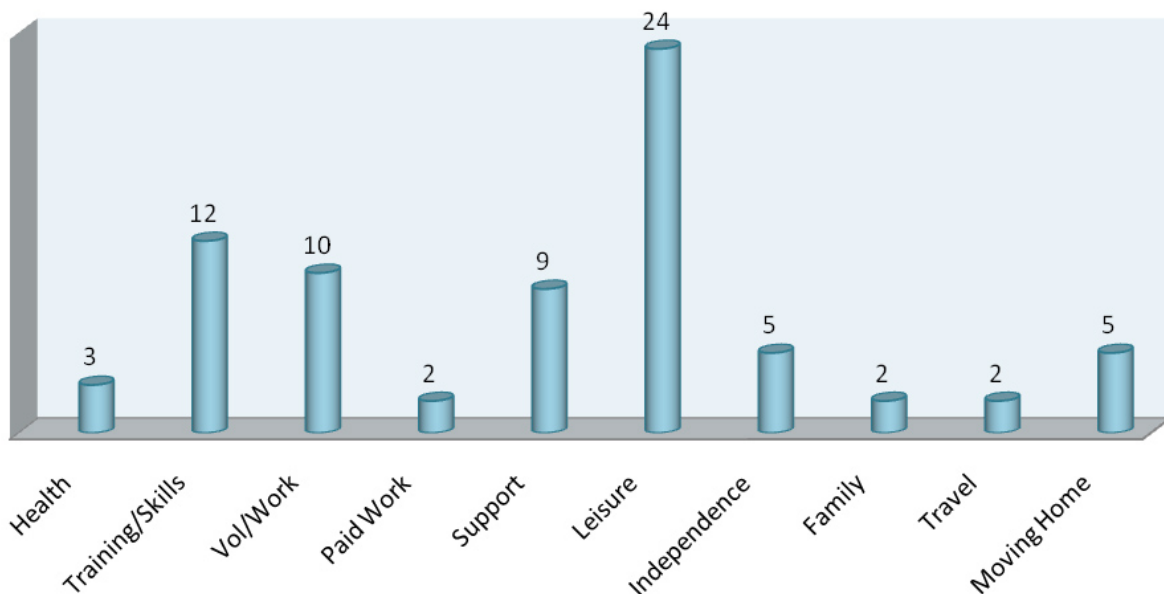
At the time of writing this report 7 plans have been completed and have action plans agreed.

A review of the 7 action plans revealed that 74 individual signposts to supports/services had been made. The highest concentration of community signposting was to leisure activities. These included sports activities, horse riding and driving, more opportunities for socialising in the evenings, events and visits.

The second highest concentrations of signposting were associated with learning and skills signing up with local colleges and adult education, gaining computer skills being the main interest.

All the participants were keen to explore volunteering and work experience and have been signposted to libraries, local volunteer centres and local business.

Number and Category of Goals set with the 7 people



Person Centred Planning Training

Following the success of last year's training, we held two training days on the 16th September and the 8th October at the Alexandra Suite in Swanley.

Lots of people came to the training days including people with learning disabilities and family members.

We had very good comments over the two days.

People said they really enjoyed the presentations by people who made their plans last year. This showed that planning can be fun and does not have to be hard.

People with learning disabilities and a parent of one of the people who made a plan in the first year were involved in the presenting and delivery of the training.

Newsletters

Two newsletters have been produced and circulated to individuals, families and local organisations. The first newsletter, gave people information on progress with the project and the second reported back on what had happened to people as a result of their plan.

Seminars

We delivered a seminar in Dartford to tell people about the project – what worked and what we would have done differently. A second seminar is being planned with KASS staff working with people with multiple and complex needs.

At the Dartford event two people with learning difficulties who had made their own plans shared their experience. One person delivered a presentation on her plan.

The seminars were attended by people from across services who are involved in the delivery and monitoring of person centred planning.

People had the opportunity to ask questions about the project and were particularly keen to find out from the individuals who participated in the programme about their experience.

The Future

The work we have done will be continued by the people involved supported by the day centre staff working in Swanley.

It has been a great pleasure working with them and being part of the team. We wish them every success in continuing the good work that has been started and we will be more than pleased to offer help and advice as needed.

We would like to extend our thanks to all the people we have worked with. We have learnt so much and have made some good friends that we will continue to keep in touch with.



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