

# Plain facts

## Person centred planning

It is your right to say what sort of things you want in your life.  
It is up to you to say how you want to live your life. Person centred planning puts you in control of planning for your life.

Tricia Webb and Helen Sanderson talked with people who have a person centred plan. Self advocates can train and support each other about person centred planning.



People said that person centred planning helped them to:



Choose who they wanted to support them, including their family and friends.



Make friends and relationships.



Feel good about themselves.



Plan for changes in their lives and make them happen.



Solve problems.



Get the right support.