

# Families Leading Planning

## Who is it for?

This course is for any family member who wants to support their relative to plan.

## What will I get from it?

The course gives families:

- Information about what person centred planning is and is not
- A chance to start to a plan for and with their relative. The plan will describe what people like and admire about the person, what is important to them, what help and support they need and how to set actions that address what is not working in the person's life. This is known as an Essential Lifestyle Plan, and is developed from information from the person, the family and others who know and care about them. The course helps the family member to gather this information and put it into a plan.
- Support in putting the plan into practice, by looking at what is working and not working for the person and their family, and support to make changes

## How many days will this take?

8 days in total for families. Each day usually begins at 10 am and finishes at 2pm (this can be changed according to the circumstances of the group). If people are able to stay later, the trainers can support people individually.

1 day to get started (a person centred planning awareness day)

3 days to develop the plan (about a month apart)

1 day to action plan

2 days to put the plan into practice

1 day follow up – to celebrate and problem solve 2-3 months later

Before the course begins...

We have a 'design day'\* with the person organising the course, some families and a few key service people to adapt the course for the area, and to work out:

- Where the local family groups and organisations are and think about families who may be interested
- How to invite families to join the course by considering where to use personal invitation, where informal introductory sessions may be helpful, where fliers and invitations could be used

- How to ensure that families are fully supported on the course, who can do what and agreeing responsibilities for this

## **How many places are there on a course?**

14 family members, each developing a plan with and for their family member

## **Who leads the course?**

The course is always lead by a trainer who is a family member and an accredited Essential Lifestyle Planning Trainer.

## **What happens on each day?**

The training always includes lots of experiences and examples from families who have used person centred planning. As family members get going with the plan, there are opportunities on each session to look at what is going well, and celebrating that with each other, and to work on anything that is not working well.

**Day 1** – Awareness day – what is person centred planning?

**Day 2 – 4** Why plan? Who to involve? And what do I know about the person?; Learning from the person themselves and others; Developing the plan

**Day 5** - Action planning and problem solving

**Day 6 – 7** Putting plans into practice. Based on the plans, the families identify where they want further support and information, and the days are designed to deliver this. For example, this could include sessions on direct payments, developing a costed support plan, service design, circles of support, or housing options.

**Day 8** - Celebrations and problem solving

Participants are supported in-between sessions and after the course by a dedicated families list serve and website, hosted by families ([www.familiesleadingplanning.co.uk](http://www.familiesleadingplanning.co.uk)). Families can also be linked to other families using Families Leading Planning in the USA and Australia.

## **What does it cost?**

The cost for 2 trainers for the day's training (and individual sessions on the day) is £900 (excluding expenses). Family mentors may be available to support families on the course. The course can lead an accredited family mentors course, which enables families to learn how to support other families to plan.

Therefore the course costs 9 days\* @ £900 = £8100 (excluding expenses, VAT, and course packs)

\*including Design day

## **Who provides the course and where can I get more information?**

The course is provided by families leading planning (UK).  
If you are interested to find out more contact.

Tel: Barbara 07780675197  
or Margaret 07736015756

Email: [barbara@familiesleadingplanning.co.uk](mailto:barbara@familiesleadingplanning.co.uk)

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[www.familiesleadingplanning.co.uk](http://www.familiesleadingplanning.co.uk)

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