

**3b1**

## Care Planning Meetings

### Do

Ensure that care planning meetings address inclusion issues.

### Story

Mary met with her support worker to plan her next care review. They discussed the report of the previous review, evaluated progress, set new goals, decided on how the next meeting should run, prepared Mary's contribution and made arrangements for childcare and transport.

During the meeting she chose where to sit, when to speak, used a prepared personal aide-memoire of topics that she wanted to cover (including inclusion issues), and chose when to leave. After the meeting she had a chance to reflect on the experience and add items to the care plan.

**3b1**

## Care Planning Meetings

### Hints & Hazards

Help the person to prepare for their Care Planning meeting to ensure that she / he is an active participant in the meeting and that inclusion issues are addressed. Ensure that the person chooses who attends, the venue, start, break and finish times can all help the person to feel that the meeting is for them,

People with very high levels of anxiety or major difficulties with assertiveness may find it hard to take such a strong lead in these meetings. In some places, care planning meetings habitually involve large numbers of staff, and this can be intimidating for the person, so it may be more useful to change the way that things are done for everyone.

Wherever possible, use person-centred planning tools, a Wellness Recovery Action Plan or a similar approach, as this shifts the focus from planning response to problems or just co-ordinating care, to thinking about the whole of life, and puts the person much more in charge. If you have to use a traditional care planning method, insert the values of person-centred approaches into your planning.