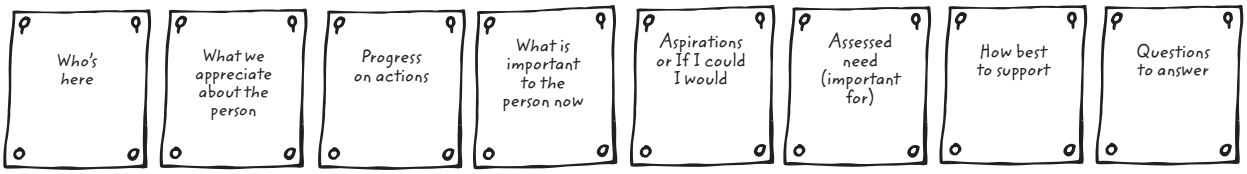
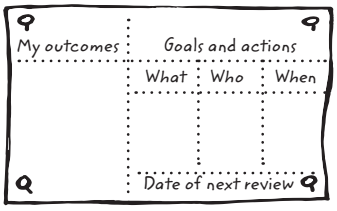
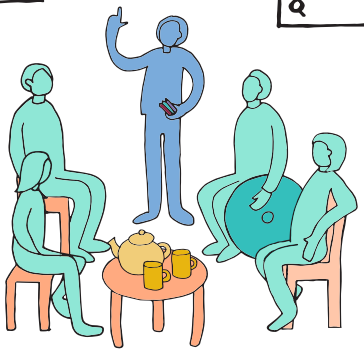
Person-centered Review Meeting

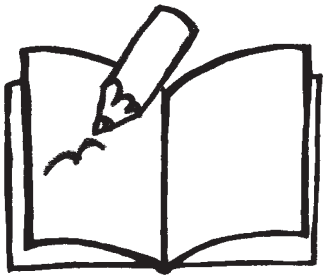
Booklet to help you think about your meeting



- Health
- Wellbeing (employment, recreation and learning, home, friends, relationships and community, choice and control)
- Personal Budget







Person-centered reviews – what are they?

This meeting is called a 'person-centered review' because you are at the center of it.

People from your family, your school or college, and perhaps others you know, want to talk about how to help you.

They want to know what is important to you now, in your life, and what you want to do in the future.

This is your chance to tell everyone about the things that are going well for you, as well as the things you want to change.

Who will be there?

You are the most important person, so you need to be there.

You might want to invite some people who you are comfortable with and people who help you.

There may also be other people who need to be invited, for example, people from the regional center or local authority who you might not know, or might not want there, but they will need to be there to let you and everyone else know what can be done to help you.

Where and when will it be?

Your review is likely to be held in your school or college.

You might be lucky enough to choose a room you like, but sometimes in busy places this is difficult, so you might have to have any room that is free.

The person who is helping you to organize your review will help you to think about where it will happen and when it will happen.

At the end of a review

By the end of the review everyone will have agreed to an Action Plan.

The Action Plan is to make sure that everyone can see what is going to be done to help you to learn and to achieve your dreams.

Everything in the Action Plan will have been talked about in the meeting, including your views and ideas.

The Action Plan will say:

- what help you need to learn and develop
- who is responsible for making sure that you get the help you need
- when and where you are going to get this help
- how we will know whether the help you have had has worked for you.

After the meeting you will have the chance to read the Action Plan and think about what has been agreed and discuss it with your family or friends.

What do you need to think about before the meeting?

This booklet is to help you think about what you want to say at your person-centered review and how you want to say it. Once you have agreed when it will be, and who is coming, you need to think about how you want to be involved. Here are some things to think about.

Do you want to help set the room up?

Do you want to be in the room first or do you want to come into the room once people have arrived?

Do you want any music playing during the review?

How would you like to tell everyone what you have been doing?
Here are some ideas.

- Speak to them.
- Create a PowerPoint presentation that they can watch without you needing to say anything.
- Create a PowerPoint presentation and talk to them about the presentation.
- Create a scrapbook.
- Use a tablet or laptop, e.g. iBook.
- Have photographs printed out that you can stick up during the meeting.
- Have statements written on cards for you to stick up during the meeting.
- Write about what you have been doing before the review.
- Write what you want at the same time as everyone else.
- Use symbols to explain what you want and how you feel.
- Have someone with you who will help just you.

Would you like everyone at the meeting to know anything about how you like to communicate?

How would you like to be involved in decisions?

Do you want to have something else with you in case you want to do something else/don't want to take part in the meeting for a while?

If you feel like you want to leave the room, how will you want to do this and who will help you?

What do other people say that they like, admire or appreciate about you?

What has happened since your last review?

What are your hopes and dreams for the future?

What are the things that are important to you?

What do you think is important for you to help you to learn or to keep you healthy and safe?

What do you want other people to know or do to help you?

What's going really well for you at the moment?

What's not going so well for you at the moment?

Do you have any questions you would like to ask?