

Benchlearning Workshop

Tuesday, 3rd October 2017, 09:00 – 16:00

Person Centred Planning, Thinking and Approaches

Næringslivets Hovedorganisasjon (NHO) Building, Middelthunsgate 27, Oslo 0368, Norway

FINAL Programme

Background

Person-centredness is a core concept that underpins all service delivery processes of EPR member organisations. The smooth implementation of this principle across all services supports quality services, continuum of care and achievement of the client's objectives. Person Centred Planning (PCP) is an ongoing problem-solving process used to help people with disabilities plan for their future. This approach can enhance clients' personal self-determination and improve their own independence. PCP promotes a better understanding of the personal goals and to identify strategies to achieve these goals and aims, encouraging the further development of personal skills and abilities.

EPR has organised different activities on this topic in the past and in the needs assessments carried out in 2016 improving the process and outcomes of PCP came out as one priority of members to ensure quality services and improve the quality of life of clients.

Delivering services designed using PCP represents a co-production based approach, where professionals facilitate the identification of goals and solutions *together with* the service users, namely the expert from experience. In 2016, EPR members have been extensively looking at co-production and contributing to the study on this topic published on occasion of the Public Affair event in Brussels.

Therefore, considering the relevance of PCP and the link to co-production, EPR has decided to organise a workshop in collaboration with the *Work & Inclusion* organisation within NHO. During the highly interactive sessions, participants will examine the definition and values of person-centred planning, explore some of the tools and skills in practice, learn from each other and how development and improvement can take place through reflection and action planning. A facilitator who is an expert in the subject will guide participants through the processes.

Learning objectives

- Better understanding of PCP definition and its principles
- Introduction to some of the tools to plan with people
- Learning about some of the practical tools for bringing plans to life
- Exchanging experiences and practices with other EPR members
- Improving person centred planning process using the knowledge gained in the workshop



The trainer



Sarah Bickerton has 25 years' experience in the field of health and social care as a social worker and project manager supporting children and adults with disabilities and additional support needs.

For the past two years she has worked as an independent trainer, mentor and facilitator of person centred planning, thinking, approaches and practices. She also works as an Independent Advocate and Consultant.

Sarah has a personal passion and professional commitment to supporting children, young people and adults with complex needs, disabilities and autism to achieve a good quality life through the application of person centred thinking and practice.

Her approach is underpinned by the principles of rights, choice, independence and inclusion coupled with a strong belief in equality and human rights.

Sarah lives in a seaside town, Southport, UK.

Format

After the introduction session, the workshop begins with a session, where participants are invited to share and exchange with the group their understanding of PCP and how this methodology is implemented in their own organisation.

The trainer will then present some of the tools used to plan with people and guide participants in exploring definitions and values of the Person Centred Planning, including tools and skills relevant to implement it in practice.

During the 'What's working and what's not working analysis' in relation to person centred planning, participants will work in groups to go more deeply into how PCP is used in their own organisation and these points will be used and discussed at the end of the workshop. The "4 plus 1" tool will enable participants to benchmark practice. Participants will have the opportunity to assess their own performance relating to person centred practices within their organisation. This session is also useful to measure individual learning progress and outcomes, provide a post training evaluation/report incorporating an action plan for each participating organisation.

'The balance of person centred planning' session focuses on what is important to a person and what is important for a person and how the use of this tool will assist in supporting people to achieve that balance. This includes how we can move from a service centred model toward a person centred model.

In the 'Reputations' session, participants will explore how shifting the focus on what people can achieve – their gifts, skills and abilities, promotes positive rather than negative reputations.

The trainer will also introduce some practical tools for bringing plans to life and will present how to develop the person centred planning process in the future using the knowledge gained from the tools.

The workshop will end with a 'Closing round' to summarise and share the main outcomes and lessons learnt during this person centred planning workshop.

Who is the event for?

The event is open to all professionals from EPR members interested in better understanding the concept and tools of Person Centered Planning and how they can be embedded in the services delivered, and those looking to improve their PCP planning processes and outcomes. The workshop is also relevant for those organisations who are planning to provide PCP-based services in the future.



This event has received financial support from the European Union Programme for Employment and Social Innovation "EaSI" (2014-2020). For further information please consult: <http://ec.europa.eu/social/easi>

Programme/Agenda

- 09:00 - 09:15 **Welcome to the workshop, introductions**
Mirko Miceli, *EPR Membership Officer*
NHO
- 09:15 - 09:30 **Ground rules for the day**
- 09:30 - 10:15 **Where are we at? Sharing experiences from EPR members**
- 10:15 - 10:30 **Person Centred Thinking Planning: Definition and Introduction**
- 10:30 - 10:45 *Comfort break*
- 10:45 - 11:15 **The balance of Person Centred Planning**
- 11:15 – 11:45 **Reputations**
- 11:45 - 12:30 **What's working and what's not working**
- 12:30 - 13:15 *Lunch break*
- 13:15 - 13:30 **Person Centred Planning links to co-production approach**
- 13:30 - 14:15 **Practical tools for bringing plans to life**
- 14:15 - 14:45 **An introduction to one page profiles**
- 14:45 - 15:00 *Comfort break*
- 15:00 - 15:45 **Group work: The 4 plus 1 questions**
- 1 - What have we tried? - What have we learned?
 - 3 - What are we pleased about?
 - 4 - What are we concerned about?
 - Plus 1 - What are we going to do next? ACTION PLAN
- 15:45 – 16:00 **Closing up session**
- 16:00 *End of the workshop*



1) Registration

EPR members interested in attending this benchlearning workshop can register by filling in the online [Registration Form](#) before **Friday, 8th September 2017**.

Please note that only **15 participants** can attend the workshop, aiming at a ratio of no more than 2/3 Norwegians (10) participants. Registrations will be accepted on a first-come, first-served basis. We aim at having **1 participant** per organisation to ensure a wide participation of the EPR network.

IMPORTANT:

1) for Norwegian participants: Should the number of Norwegian participants registering exceed the proposed number (10), a **Reserve list** will be created. EPR will communicate directly with those in the Reserve List. After the deadline (8th Sept) and in case the number of non-Norwegian participants is lower than foreseen, the remaining places will be allocated to Norwegian attendees in the Reserve List – EPR Secretariat will contact directly the first registrants in the Reserve List to confirm and inform all other applicants about the results.

2) for other participants: Should the number of total participants registering exceed 15 a **Reserve list** will be created. EPR will communicate directly with those in the Reserve List. If there are any cancellations spaces will be allocated to people according to first registered.

Please be aware that during the registration process participants will be asked to fill a short online **Preparatory Questionnaire** (approx. 10min). The answers will be used in the "Warm -up session" and group discussion at the beginning of the benchlearning workshop.

Should you have any additional question regarding your registration, please contact Mirko Miceli at mmiceli@epr.eu or +32 2 235 66 68.

2) Accommodation



Saga Hotel

Eilert Sundts gate 39
0259 Oslo
Norway
T: +47 22 55 44 90
www.sagahoteloslo.no

10 rooms have been pre-booked for the night of Monday, 2nd October 2017 at the Saga Hotel (Booking reference **ID: #077904**).

| Type | Price (NOK) | Price (EUR estimate) |
|-------------------------------|-------------|----------------------|
| 7 standard single room | 1095 | +/- 117 |
| 1 superior single room | 1245 | +/- 133 |
| 2 double room | 1345 | +/- 145 |

The price **includes** breakfast and taxes



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The Saga Hotel does not accept cash payment

In case you would like to book a room, please contact the Saga Hotel at booking.oslo@sagahotels.no (mentioning the reservation ID# 077904) before Friday, 8th September 2017.

Parking: The Saga Hotel has limited parking spaces. Should you need to park your car, please communicate this request to the hotel in advance.

3) DIRECTIONS - From Oslo Airport Gardermoen to the Saga Hotel:

- You can take the **Airport express train** (Flytoget, every 20 min) straight to Nationalteatret in Oslo. This distance can also be done by the local train (NSB) - every hour. (Direction Kongsberg or Skien).

The price one way is 180 kroner (20€) for Flytoget and 90 kroner (€10) for NSB. When arriving at **Nationalteatret** you can either go by taxi or tram to the hotel. Tram "19. Majorstuen" which leaves from Storningsgata, will take you to the "Rosenborg" stop, which is located a few minutes away from Saga Hotel. If you get off the train at Oslo Central Station, the same tram, and taxis are available there as well. You can buy tickets for the tram in the machines at Nasjonalteateret as well as in Narvesen. One IMPULSKORT costs 33 kroner (3€50) and allow you to travel within Oslo for one hour on trams, busses and trains within the city center (1 zone).

- Another option is taking the **Airport Shuttle Bus** (NorWay Flybussekspressen – F1 Majorstuen). This will take you to Majorstuen, which is a 10 min walk away from the hotel. Departures every hour.

- Airport **taxis** are also available from the airport; these will take you straight to the hotel for a flat rate. The flat rate starts at 759 NOK. Establish the rate before you start driving.

4) DIRECTIONS - From Saga hotel to NHO

NHO is situated only a 15-minute walk from the hotel. When you are outside the hotel you turn left into Uranienborgveien. Continue straight on Uranienborgveien into Professor Dahls gate. Follow this street until you have passed a small green square where you turn right into Neuberggata. After 160m you will reach Middethungate on your left. Follow Middelthungate until you reach your destination on the right side.



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