

## Which person centred process to use: decision matrix

Use the matrix below to help select the person centred process that works for your situation.

| Which process? Decision Matrix                   |                  |                           |                              |                            |                        |             |  |              |                 |
|--|------------------|---------------------------|------------------------------|----------------------------|------------------------|-------------|--|--------------|-----------------|
| What inclusive process most fits your situation? |                  |                           |                              |                            |                        |             |  |              |                 |
| Process  | Futures Planning | Building snapshot picture | Planning with child & family | Story so far needs telling | Problem solving aspect | Restorative | Involves peer group/natural (unpaid) support | Goal setting | Action planning |
| One Page Profile                                 |                  | ✓                         | ✓                            | ✓                          | ✓                      |             |  |              |                 |
| PATH   | ✓                |                           | ✓                            |                            | ✓                      |             | ✓  | ✓            | ✓               |
| MAP  | ✓                |                           | ✓                            | ✓                          | ✓                      | ✓           | ✓  |              | ✓               |

### Futures planning

Planning around a child / young person that takes the long view. Where might they be in 10 or 20 years? What might they be doing? Who will be in their life? And – ultimately – What would a good life for them look like? This kind of planning typically involves groups being encouraged to build vision or to dream for and with the child.

### Building Snapshot Picture

This process provides an overview of the child or young person when this is needed that can easily be shared with others. The process will involve the individual and those who care most about them and any key professionals involved. Pictures, quotes and core information are gathered.

### Planning with child (or young person) and family

In the course of using these processes the child, immediate and extended family members and friends will be present and actively encouraged to participate. The planning will be respectful and focused on the child's views and ideas, the plan will be 'owned' by them. The aim in such processes for the child to be surrounded by people, who love, care about or who are in a relationship with them. Other professional stakeholders will of course be present by these tools are not meant to be another kind of review meeting or case conference. They are person centred and it follows from this that the people who spend most time with the person will get to speak the most.

## Facilitation: The role of the graphic facilitator

### Story so far needs telling

The process will allow the story, the narrative of the child's life to be told from the point of view of all present. This is not a clinical history taking, it is about respectful listening to their meanings, their truths. The highs and lows – the happy and the sad – all listened to and recorded. The person will be asked to speak first followed by others who know them best. In some situations, such as transition stages, newly involved people need to hear and learning from the family story so far.

### Restorative

Processes which have at their core the concept of 'making it right', restoring relationships when harm has been done. Popularly known as Restorative Justice, there are a number of other restorative processes that share the same underlying constructs. Mediation, circle time, restorative conferencing all involved active listening, exploration of feelings and who has been affected with attempts to restore and resolve at their heart.

### Involves Peer Group

The approach will deliberately harness the potentially positive influence of a person's peer group by actively inviting participation. Other children may be enlisted to form a team or a circle around a vulnerable or challenging individual. Friends and acquaintances may be invited to join the person as they engage in long term planning.

### Goal setting

The tool will involve sensing achievable goals or directly setting objectives for the future. The usual parameters for person centred goal setting are, "Is this positive and is it possible?"

### Action planning

Direct owned and describable actions will be asked for, not good intentions or ideas for other people to do. Action planning will be specific with individual's responsibilities and timings spelled out. For example, "Who is going to do this and by when?"