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## A Practical Guide to Delivering Personalisation Person-Centred Practice in Health and Social Care *Helen Sanderson and Jaimee Lewis*

Dec 2011 208pp ISBN: 9781849051941 pb £19.99

Personalisation means people, their families and carers having choice and control over their support on a day-to-day basis. To deliver personalised services, professionals and carers need to do more than just hand over financial control: they need to know what is important to a person, the best way to support them, how they communicate and how they make decisions.

This book will show how to deliver personalisation through simple, effective and evidence-based person-centred practice that changes people's lives and helps them achieve the outcomes they want. It covers why person-centred practice is relevant to the personalisation agenda and what person-centred thinking and person-centred reviews are, introducing the tools that can help you carry them out. It also explores the relationship between person-centred plans and support plans, and how person-centred practice can be used in the journey of support through adulthood – from prevention or the management of long-term health conditions to reablement, recovery, support in old age and at the end of life. There is also a chapter on taking a person-centred approach to risk.

This is an essential guide for all staff in health and social care including service providers, managers, practitioners and students.

**Helen Sanderson** is Director, Helen Sanderson Associates. She has written extensively on person-centred thinking, planning and community building, and co-authored the first *Department of Health guidance on person-centred planning*, as well as the 2010 guidance '*Personalisation through person-centred planning*'. She was the expert advisor on person-centred approaches planning to the Valuing People Support Team. **Jaimee Lewis** is strategic communications adviser to the Think Local, Act Personal Partnership, the sector-wide commitment to transforming adult social care that follows on from Putting People First. She has worked on communicating the personalisation agenda for several years, following her appointment as an advisor to the Department of Health's individual budgets pilot programme in 2006.



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