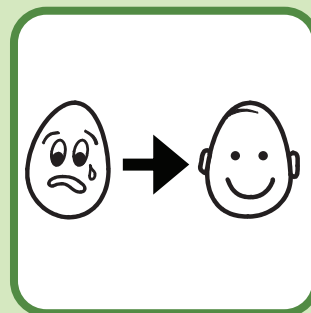


Danshell

# Person centred planning, support and treatment





## Person centred care planning



We help you do a person centred care plan.

Someone will spend time with you. Together you will find out what is important to you. This will help us plan support that is just right for you.



We have integrated care pathways. This means that everyone involved with your support or treatment works well together.

We have meetings and share information to find the best ways to support you.

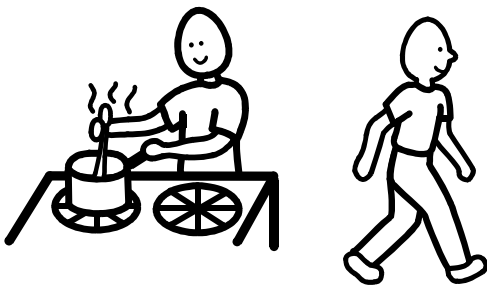


We keep any information about you private.

We will only show the information to the people we need to.

## Person centred treatment

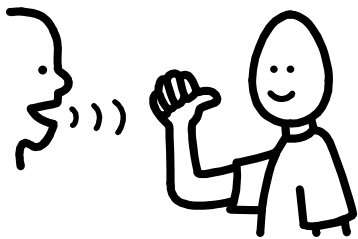
Treatment means all the things you get to help you feel better. We will work with you to find the best treatment for you



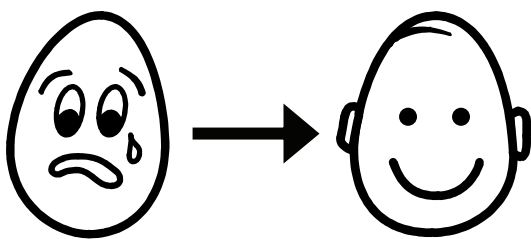
## Positive behaviour support

This means helping you to feel better and learn new things.

This could be cooking a meal or getting out and about.

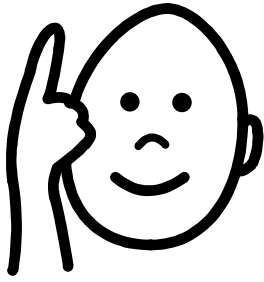


We will talk to you and find out what things you want to do. We will help you to do these things.



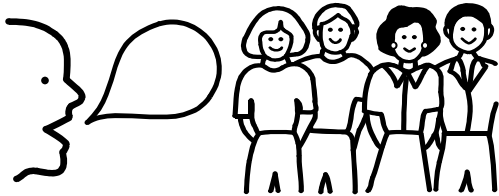
## Behavioural therapy

This is learning new ways to behave when something makes you stressed or unhappy. For example learning how to calm down when you get upset.



## Cognitive therapy

This means helping you to understand why you feel stressed or unhappy. This can help you to change how you think so that you can feel better.



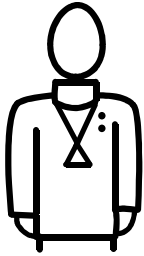
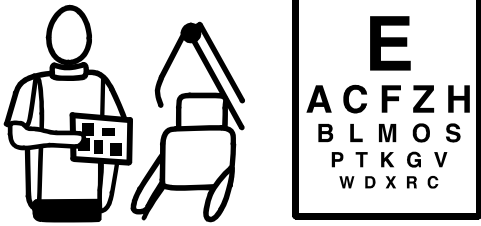
## Psychology input

A psychologist can help you find out why you feel stressed or upset. They can teach other people who support you the best ways to help.



## Medication

This is medicine or tablets to help you feel better.



We will help if you need to see

- a dentist about your teeth
- an optician about your eyes
- a doctor or a GP
- anyone else about your health.







## Danshell

1 Manchester Square  
London,  
W1U 3AB



Tel. 0207 487 0060



[info@danshell.co.uk](mailto:info@danshell.co.uk)



Easy words and design by Clear  
[www.clearforall.co.uk](http://www.clearforall.co.uk)



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