

Involve me

Increasing the involvement of people with PMLD in decision-making and consultation

Involve Me awareness

Session plan

This session should take no more than 2 hours with plenty of time for breaks, activities and for people to talk about their ideas.

You can change these materials and add your own ideas to make them work well for your group or meeting.

Aim of the session:

To agree how to involve people with profound and multiple learning disabilities (PMLD) in decision-making and consultation.

What we will do:

- Agree what we mean by PMLD
- Hear about Involve Me
- Talk about when and how we involve people at the moment
- Think about communication with people with PMLD
- Think about choice, decision-making and consultation
- Suggest what they can do
- Write clear actions to say how we will involve people with PMLD in decision-making and consultation.

Equipment and materials:

- The Involve Me film
- Involve Me PowerPoint presentation
- Handouts – choose the information you think is most useful from the downloadable resources section of the DVD
- Flipchart paper
- Pens.

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Session plan

1. Introduction (about 5 minutes)

Explain what we mean by PMLD and tell people about the Involve Me project.

Use the Involve Me PowerPoint presentation or write the key points up on flipchart paper.

Link to what is happening in your area or with people you support.

2. What are we doing at the moment? (20 minutes then 10 minutes to feed back)

Ask people to think about when and how people with PMLD are involved in your area, group, meetings or service at the moment.

Divide everyone into small groups, depending on the number of people at the session (no more than 8 people in each group if possible).

Try to mix the groups up so you do not have all carers or managers in one group, for example.

Ask each group to record what is happening as a 'poster' on flipchart paper. This should help them keep things simple – short statements, key words and some simple images if possible.

Ask groups to feed back:

- things that are going well
- what needs to change or get better.

Ask for short statements about what needs to change – rather than solutions at this stage. Use flipchart paper to record any points that keep coming up. For example: *'Problems with communication'*.

3. People with PMLD and communication: choice, decision-making and consultation (30 minutes then 10 minutes to feed back)

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Write these words up on the flipchart, or use the PowerPoint presentation or have it as a handout.

- *It only becomes communication if it is shared with others.*
- *It only involves people in decision-making or consultation if it is shared with someone who can make a difference.*

People need to be able to see and think about these words while they are watching the film.

Show the Involve Me film.

Ask people to think about whether:

- the activities became communication
- the activities were shared in a way that supported consultation or decision-making.

Ask people to feed back examples of how this happened.

Record the key points.

You could use the Involve Me key messages graphic (in the downloadable resources section of the DVD) as a handout.

4. Changing things

Go back to the list of things that need to change.

Ask people to work in small groups to come up with quick-fire suggestions of how to change things and involve people with PMLD. At this stage we just want as many quick ideas down on paper as possible.

Ask groups to feed back their ideas – again, just key points.

Agree on 3 things to work on – it is usually best to choose 2 things that could happen quite quickly and 1 that could take longer (about a year).

Agree how to make this happen:

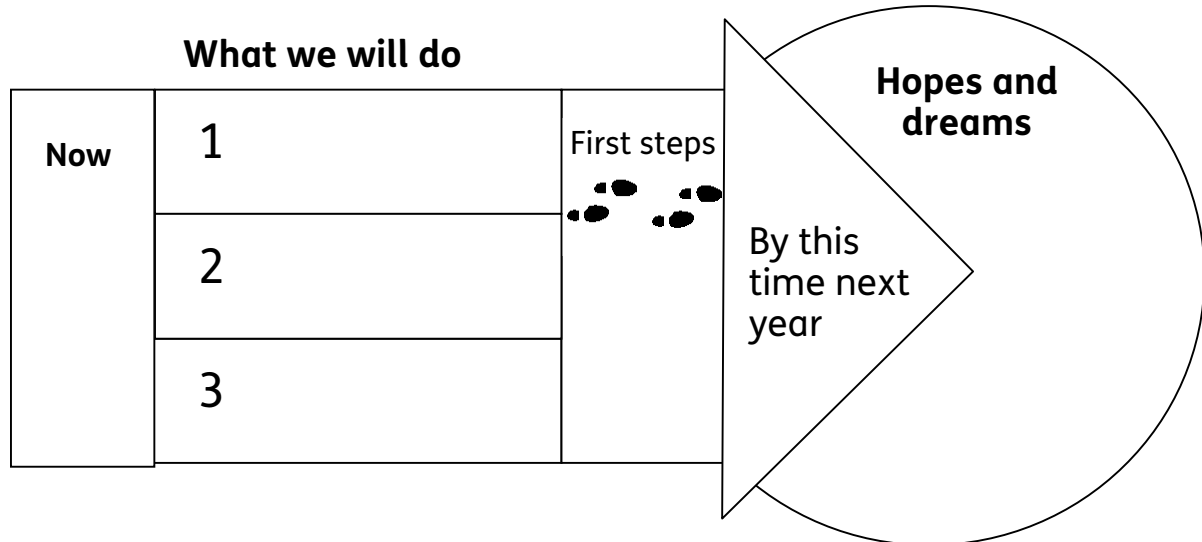
- Who will take the lead?
- Who else do they need to talk to or involve?
- How will you keep track of what is happening?
- When will this be done by?
- How will you check whether it has involved people with PMLD in decision-making or consultation?

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Option

Use a simple PATH to record ideas as you work through the session.



Now

Summarise the key points from activity 2:

- Things that are going well.
- What needs to change or get better.

Hopes and dreams

Have one really strong message in bold:

'People with profound and multiple learning disabilities are involved in decision-making and consultation'.

Summarise the ideas from 'changing things' in activity 4.

What we will do

3 key ideas from activity 4.

First steps – what we will do in the next 3 months.

By this time next year – what we will have done by then.