

# Hear our young voices

Hi, it's Hatty Greenway here and I want to chat about the importance of Person-Centred Reviews in schools with young people who have special needs, like myself.

**I hope you enjoy reading it as much as I enjoyed writing it.**

## “What is a Person-Centred Review?”

Person-Centred reviews are used in schools to **evaluate a young person's needs**. They have replaced the more daunting Annual Review that the person in question didn't usually attend. These reviews are **basically meetings that happen once a year** and involve the professionals that a young person works with and is **completely concentrated on them** and the **desires that they have for their future**. Everyone that comes must listen to the young person's voice and what they want. Their voice is the **MOST IMPORTANT ONE** in the room to be heard.

The setting is relaxed allowing for freedom of speech from everyone.

## “What is the process of a Person-Centred Review (PCR)?”

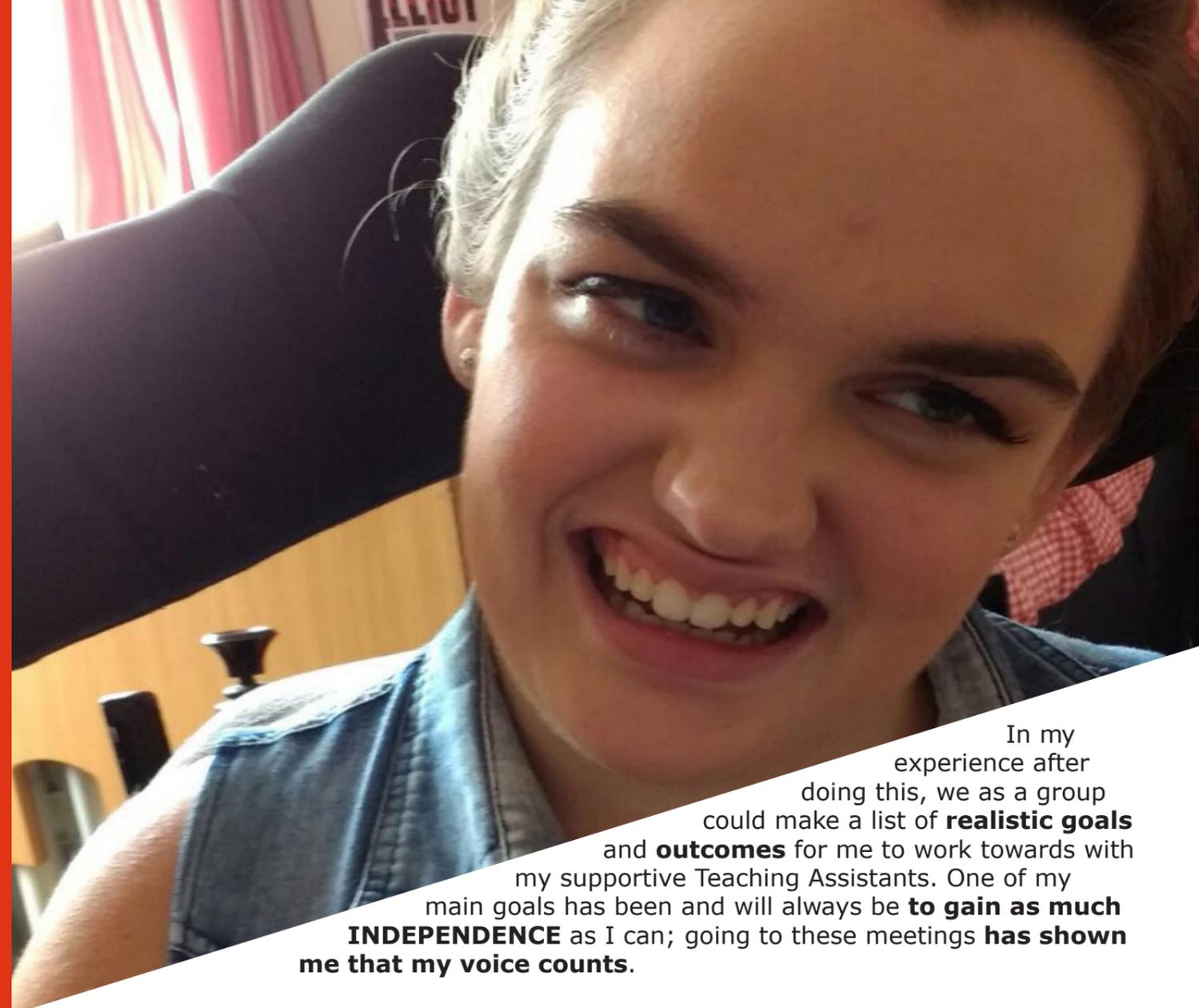
The process of a PCR is to look at what's important then and there and create an action plan for the young person's future. They also help to highlight what IS working and IS NOT working for that person and the other person in that room.

## “Why are Person-Centred Reviews so important in schools?”

Person-Centred Reviews are important in schools because they show young people that their voices and opinions CAN make a difference to their futures; without having experienced the Person-Centred Review **I wouldn't be the person I am today**.

## “What did taking part in my PCR's help me achieve?”

Taking part in my PCR's has helped me to feel a sense of liberation as I know now that my voice carries power; my future has now changed as well because I was listened to and everyone else's opinion counted too. It is now BRIGHT because of this experience of Person-Centred Reviews.



In my experience after doing this, we as a group could make a list of **realistic goals** and **outcomes** for me to work towards with my supportive Teaching Assistants. One of my main goals has been and will always be **to gain as much INDEPENDENCE** as I can; going to these meetings **has shown me that my voice counts**.

My parents always came as well to contribute their invaluable opinions on my school life and this **helped me raise my points with power**. Everyone there from my TAs to my Social Worker had to make up a written report of how well they thought I was doing and I had to fill out a form on what I liked about school, what I wanted to achieve over the coming year and help I needed to do this.

The atmosphere in a PCR is **a lot more chilled out and informal** as everyone gets a chance to speak. The young person is also allowed to bring a form of edible snack.

**I am known for my homemade chocolate mocha brownies** and their own choice of music to put on while activities are being carried out; **like filling out post-it notes telling the group what people like about the young person**. My choice of music was always something peaceful so it could fit nicely in the background. All of this helps as it feels like a chat and less like a meeting about progress.

It comes across as more optimistic; much better than the original Annual Review.