



Person-Centred Care Plan

FREE PRINTABLE TEMPLATE | Individual needs, preferences, goals and review notes

Person / client reference

Plan created / updated

Preferred name / form of address

Care plan owner / key contact

01 What matters to me

My preferences, routines, interests and what a good day looks like

How I prefer people to communicate with me

02 My goals and choices

What I would like to do independently and where I welcome support

Complete with the person wherever possible. Record their own preferences and choices in their own words.

Person-Centred Care Plan | Support and Review

03 My day-to-day support

Personal care, meals, hydration, mobility and routines: what support works best?

Communication, sensory, cultural or accessibility preferences

04 Risks, changes and important contacts

Known risks, agreed precautions and when / how to escalate concerns

Who to contact, where approved instructions are kept, and any key updates

05 Review and agreement

What has changed? What is working? What should be reviewed?

Next review date

Completed / reviewed with

Important: This is a general planning aid, not a clinical assessment or substitute for an employer-approved care plan, medication chart, safeguarding record or emergency procedure. Only record and share personal information through approved secure systems.