

# Family and Group Conferencing for Adults

INFORMATION FOR THE CENTRAL PERSON - EASY READ

(This is easy read. It is for people with learning disabilities.)

## What is a Family and Group Conference (FGC) for Adults?

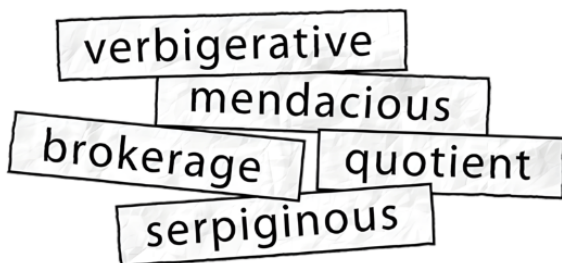
# About this leaflet



## Why read this?

This is to help you if you are having a **family and group conference**. A family and group conference is also known as an **FGC**.

You can read this by yourself, or you can ask someone to help you.



## Hard words

In this guide we show hard words in **bold**.

We explain these harder words as we go. We also explain them at the end of this guide.

# What is a Family and Group Conference



A **family and group conference** is also known as an **FGC**.

It is a special type of meeting to plan your support.



An **FGC** is not like other meetings. You can decide who comes to the **FGC**.

You can ask anyone from your family to come. You can ask any of your friends to come.

It's up to you!



You can ask workers you know, like a social worker or a support worker to come to the **FGC**.

You don't have to ask them if you don't want to.

This means they will only be there if you want them to be.



The **FGC** has a person called a **co-ordinator**.

The co-ordinator helps to set up and run the meeting.

They are **independent**. This means they are not involved in your day-to-day support.



You can ask the co-ordinator any questions you like, before, after or during the **FGC**.

You will always meet them before the **FGC** starts.

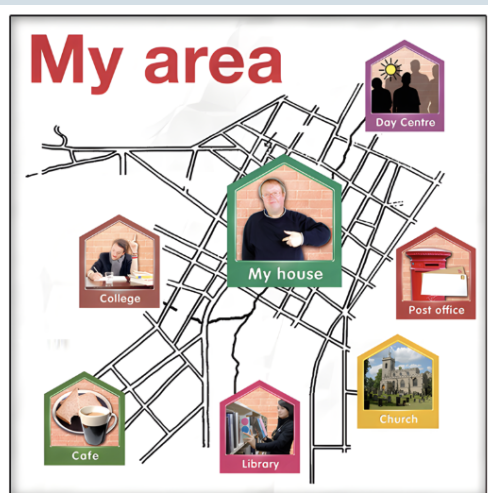


You do not have to have an **FGC** if you do not want one.

If you say no to an **FGC**, everyone will respect your decision.

You can say no at any time.

# What happens at a Family and Group Conference?



The **FGC** can be in your home, or another place you like.

It is important that you will feel comfortable in this place during the **FGC**.



You can eat food and take breaks during the **FGC**.



Everything at the FGC will be explained clearly to you so that you can understand.

If you use a wheelchair then the meeting will happen in a place that you can get to in your wheelchair.

You can tell the co-ordinator about anything else that will make it easier for you to be part of your FGC.





There is no time limit on the **FGC**.  
It can last as long as you like.



At the **FGC** there will be some  
time where you can be alone with  
your friends and family.

This is called **Private Time**.



In **Private Time** you can talk with  
your friends and family about  
what you want to happen.

They can talk to you about how  
they can help.

The **co-ordinator** will not be  
there. But they can stay if you  
want them to.



After **Private Time**, your coordinator will come back.

The co-ordinator will then help you write down a plan.

The plan will be about what you talked about in **Private Time**.

If you have a social worker or support worker, you can go through your plan with them.



You must be happy with the plan.

If you are not happy, it can be changed.

# What happens next?



You will get support to make sure the plan works.

Your family and friends will also get support if they need it.



In a few weeks, the co-ordinator will arrange to see you all again for a review.

Everyone will get together to check the plan is working.

If it is not working, the plan can be changed.





The **FGC** is all about you.

It is not about professionals and what they think is best for you.

It is about what you want!

## Hard words

In this guide we show hard words in **bold**.

We explain these harder words here.

**Accessible** means that we are able to do something and that there is nothing in our way. It means that we should be able to understand everything that is being said to us. It also means that if we have physical needs, like being in a wheelchair, then those needs must be met too.

A **co-ordinator** means a person who organises the FGC. They will organise the meeting. During the meeting they will make sure everyone gets a chance to speak.

**Family and Group Conference** or **FGC** is a special type of meeting. It means you get together with your friends or family and talk about the support you need.

**Independent** means that the co-ordinator is not involved in your day-to-day support.

**Private Time** means the time when there are no professionals around and you get to spend time alone with your friends and family.

**Review** means that everyone gets together again after a few weeks to check if the plan is working.

This is easy read. It is for people with learning disabilities.



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