

# PERSON-CENTERED CARE

## EPASS Staff Training Module

### What is Person-Centered Care?

- ⇒ Care that promotes choice, purpose and meaning for the individual.
- ⇒ Focuses on all domains of health, and of the individual, including physical, social, cognitive, emotional, and spiritual health.
- ⇒ Promotes the philosophy of including individuals in care planning and decision-making.
- ⇒ Encourages active listening on behalf of the staff.



### Changing the Focus: Quality vs Quantity

The old philosophy of "the more activities and programs attended, the better" meant sometimes practitioners were focusing on numbers and general involvement, even if the individual wasn't interested in attending the offered activities. Now, incorporating preferences and abilities are viewed as critical elements in facilitating increased quality of life for residents. This brings us in a direction of valuing quality of programming, or the involvement in meaningful experiences valued by the individual.

### WHAT CAN YOU DO TO PROMOTE AN ENVIRONMENT OF PERSON-CENTERED CARE?

- ◆ **Ask** individuals questions pertaining to their interests and preferences. Use an assessment tool to capture this information and pass it along to other staff who may find it useful.
- ◆ **Listen** to the participant! Even if a resident cannot talk, they are communicating their needs and interest to you.
- ◆ **Incorporate** individual's preferences and interests into their care plan, activities of daily living, and recreation/leisure opportunities.
- ◆ **Plan** activities, events, care, etc. around individual's desired schedule.
- ◆ **Adapt** experiences to the individual's ability and level of functioning.