

## Person Centered Care

*Person-centered care focuses on honoring an individual's unique needs and preferences, empowering them to play an active role in their care.*



### Understand Preferences

When people take time to **learn about us**, we feel **safe** and **valued**, so learn about your loved one's likes, dislikes, and daily routines. Then, **incorporate their preferences into the care plan** to ensure they receive compassionate care.

### Decision-Making

Autonomy is one of the **most difficult** things to hold onto as we age, so encourage your loved one to **participate in decisions** about their care. This empowers them and ensures their needs and wishes are respected.

### Relationship Building

Develop a strong, trusting relationship with your loved one by **taking time to listen** and **engage** in meaningful conversations. Show empathy by **acknowledging** their **feelings** and **concerns**, and participate in activities they enjoy.

### Tailor the Care Plan

Everyone should **have a voice** in the way they are cared for, so **customize** care plans to reflect the unique needs and goals of your loved one. Regularly **review** and **adjust** the plans as their needs change.

### Benefits of Person Centered Care

Person centered care **benefits include**:

- Improved quality of life.
- Increased satisfaction as a caregiver and recipient.
- Better adherence to treatment.
- Reduced stress for both patients and caregivers.