**PERSON-CENTRED CARE**

There are a few principles of person-centred care. They are:

• Valuing people.

• Treating people with dignity and respect.

• Be aware of and supporting personal perspectives, values, beliefs, and preferences.

• Autonomy. the provision of choice and subsequent respect for the choices made.

• Understanding relationships.

• Environment.

A person-centred approach focusing on the individual needs, wants, desires and goals of an individual so they can become central to the care they receive. This can mean putting the client’s needs and wants as they define them, above those identified as priorities by healthcare professionals. Everyone has a right to have an input in their own care package. Just because they need some support does not mean the stop being human and lose the right to say how they are cared for.

It also means that we DO NOT put peoples care into a category. If Joe Bloggs has Dementia and so does Jane Doe, it would not mean that they both need the same type of care. I might be that Joe is a very private person and does not like to be touched whereas Jane is a tactile person and responds to open affection. Each person is an individual and their needs are therefore just as individual as they are.

Everything about the person’s ability, history, personality, family, background. Everything that defines someone, that makes them the person they are today is what will be considered when agreeing what sort of care, they want.

Nobody wants to be told how to live their life so why should we as carers do that to people that need our help and support.

