

Care Planning and Person-Centred Care



AIM

To be able to put in place effective care plans

DURATION

Half Day Course (3 hours)

LEARNING OUTCOMES

By the end of this course, you will:

- Understand the importance of Person-Centred Care
- Recognise the purpose of a care plan
- Know the key principles of care planning
- Identify the personal information needed for the care of a resident
- Know where to find the relevant personal information
- Understand how to write effective and informative care plans
- Be aware of the important information that must be easily accessible
- Understand the process of writing the care plan
- Be aware of the important principles that guide style and content
- Know how to assess risks effectively
- Understand the information that must be reviewed
- Know how care plans are audited and monitored
- Understand the importance of personal reflection to improve your work

LESSONS AND TOPICS

Person Centred Care

- Person Centred Care
- Putting the Resident First

Care Planning

- What is a Care Plan?
- The Purpose of the Care Plan
- Legislation Around Care Planning

The Key Principles of Care Planning

- Information Gathering
- Assessing Risks
- Agreement
- Delivery
- Monitoring and Evaluation

Gathering Information

- Where to Source Information
- Who is Involved in the Care Plan?

Writing Person Centred Care Plans

- Features of a Good Care Plan
- Critical Information
- Current Situation
- Expected Outcomes
- Actions
- Key Principles for Record Keeping

Assessing Risks

- Care Planning Risk Assessment
- Incorporating Risk Assessments into Care Planning
- Reasonable Risk Taking

Delivery, Monitoring and Evaluation

- Working to Care Plans
- Observations
- Audits
- Revisions and Reflections
- Involve everyone in the review
- Meaningful activities and Activity Based Care
- Meaningful Choices
- Living with Dementia
- General Support
- Peer Reviews