

Person-Centred Care

AIMS

To be able to provide effective person-centred care

DURATION

Half Day Course (3 Hours)

LEARNING OUTCOMES

By the end of this course you will:

- Know what values and beliefs are
- Understand how values can differ between people
- Know what care plan is
- Be able to meet individual needs
- Be aware of advanced decisions
- Know what environmental factors can cause distress
- Know what actions can cause distress
- Know how to support others with pain or discomfort
- Understand how wellbeing is affected
- Know why self-esteem is important
- Be able to support others in a person-centred way

LESSONS AND TOPICS

Values and Beliefs

- Values
- The 6 Cs'
- Uniqueness
- Promoting Person Centred Values
- Promoting dignity
- Compassion and care

Maintain Wellbeing and Self-Esteem

- What is Wellbeing?
- Self-Esteem
- Supporting the individual using person-centred values

Care Plans

- What is a Care Plan?
- The changing needs of the individual
- Supporting individuals to plan for their future
- Advocates
- Be Non-judgemental

Environmental Factors

- Minimising environmental factors that may cause discomfort or distress
- Being aware of actions that may be causing discomfort or distress to individuals
- Supporting individuals to minimise pain or discomfort



For more information

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