

Person-Centered Care: A Compass for Caregiving



SBC
**SONYA
BARNES
CONSULTING**



PersonHood™

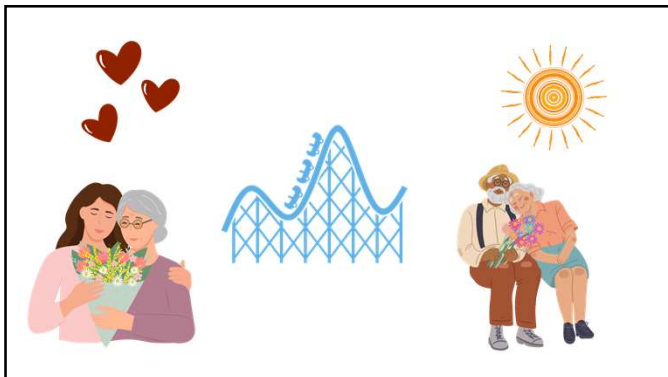


VCU College of Health
Professions
Gerontology



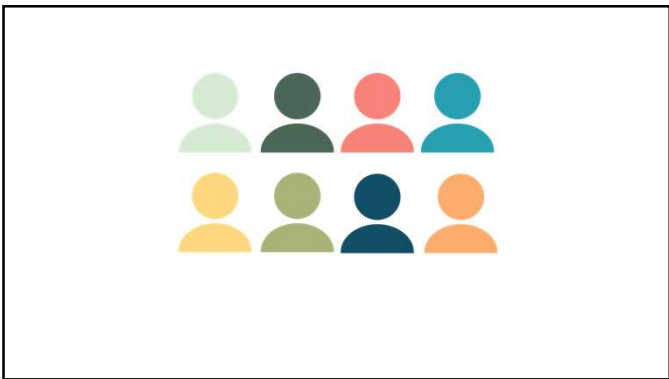
BEING  HEARD
The Voice of a Revisionary Gerontologist

www.sbcgerontology.com
www.beingheard.blog
sonya@sbgerontology.com











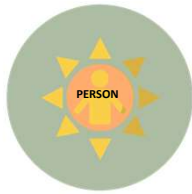
- You should.....
- All people with dementia.....
- All caregivers need to.....
- Always do this.....





Person-centered care is an approach to care that prioritizes the individuality, goals, and unique needs of each person.

It is driven by who a person is and what is important to them.



Why Person-Centered

- Honors unique needs of person
- Collaborative
- Quality of life and care
- Supported in research
- Creates trust
- Empowering
- Creates connection
- Reduce stress and burnout
- Goes with you where you are
- Focuses on more than physical
- Big picture
- Helps navigate challenging situations
- Helps identify goals
- Shared purpose
- Fulfillment







Person-Centered Care

is always about seeing things from the perspective of people we are caring for and honoring who they are as individuals.

- What is important to them
- How they see it
- How they might be feeling
- Being in their shoes





Perspective of
Person with
Dementia

“Dementia is a shift in the way a person experiences the world around her/him.”

- Dr. Al Power

What we see depends mainly on what we look for.

- John Lubbock

20

Looking for the
WHY



The Why's of Actions

Health: Emotional? Physical?

Communication

Task at hand

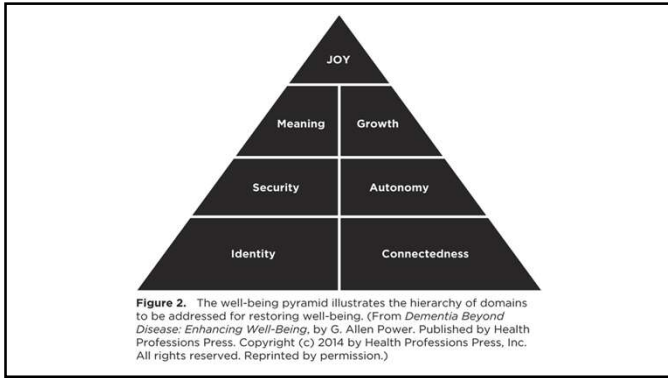
Environment

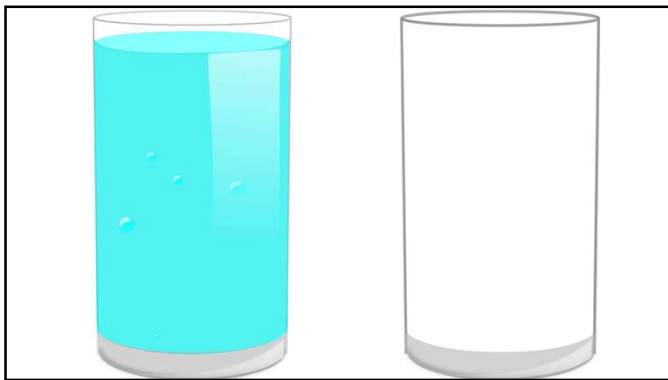
Unmet Needs

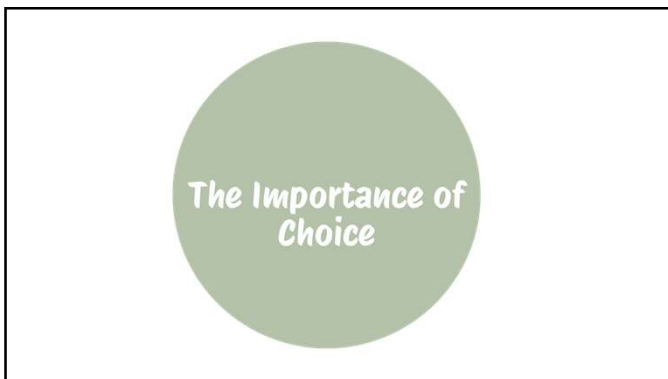
Life Story

You









Honoring choices, promoting autonomy





OR



*Focusing on
Strengths*



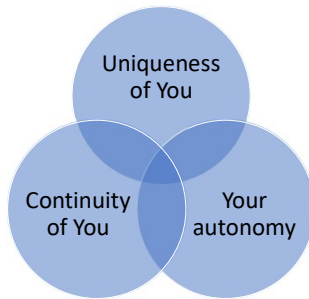
“From our perspective, no matter what diagnosis you come with or what’s wrong with you, there is more right with you than wrong with you—no matter what is ‘wrong with you.’”

- Jon Kabat-Zin, in interview with Jarem Sawatsky, a person living with Huntington’s disease (*Dancing with Elephants*)





Personhood: **What makes a person who they are**



Personhood is....

“the standing or status that is bestowed upon one human being, by others, in the context of relationship and social being”.

-Dr. Tom Kitwood, psychologist

I am scared I am going to lose myself.

-Most people with dementia I have met

Yet, self persists.



We are not just caring for a person so that they can function every day, we are in many ways supporting them to be their best selves.

To be who they are.



What does it mean to care for a person?



Unconditional positive regard

“the non-judgmental and complete acceptance and support of a person as a human being, regardless of their words or actions”

The person feels free to express themselves.

To be themselves.



Personhood is a fundamental human need.

LIVING

"It would be nice if when a person moves into a nursing home, they ask him or her 'How do you want to live?' ... not just all that medical stuff."

-Person living in a nursing home





How do we
find out what it
means to a
person to
LIVE?

**What is
important to
you?
What
matters?**

What might underpin living a good life in dementia?

- Respecting identity and preserving selfhood
- Embracing experiences in the here and now
- Sustaining relationships
- Valuing contrasts (good and bad days)
- Supporting agency
- Maintaining health

The Good Life with Dementia Report, UK Alzheimer's Society

“When care is focused on who the person is and what matters to them, it changes the whole experience—making love and dignity the center, not the illness.” — Family Caregiver

Breakout: Person-Centered Think Tank



- What does person-centered care look like in reality?
- How can it help you?
- How do you do it?
- How can you get other people to do it?
- Bring your questions and comments.
- We will talk more about ways to support you in your caregiving.
- More tools & resources for you.
