

promote person
centred approaches
in health and social
care essay sample



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1. 0 Understand the application of person centred approaches in health and social care

1. 2 Evaluate the use of care plans in applying person centred values.

Care plans outlines every piece of information known about each individual person, from allergies to what hair colour they have. All medical information and next of kin etc. When done properly you should be able to read each care plan and gain inside knowledge into each and every person's needs wants and abilities.

2. 0 Be able to work in a person centred way.

2. 1 Work with an individual and others to find out the individuals history, preferences, wishes and needs.

In order to find out the history, preferences, wishes and needs of an individual I would refer to any previous files held with regards to that person, as well as discussing directly with the client what the what preferences etc. of that person are. I use person centred values every time I am working.

2. 2 Adapt actions and approaches in response to an individual's changing needs or preferences.

Adapting your actions and approaches will benefit the person greatly and can make the intervention smoother, you adapt your actions to each individual, by this I mean if you were to talk to one person about changes they need to make for the better I may not be able to use that approach on a client. I would have all the relevant information available and be ready to

answer any question. I would make any transaction a smooth one by merging the change.

4. 0 Be able to implement and promote active participation

4. 1 Describe different ways of applying active participation to meet individual needs.

Active participation is a way of recognising a person's right to be involved with everyday activities from cleaning to playing games. Each resident is different and may react differently to getting involved. Praise and encouragement works well with everyone but some residents may need a little more or a little less. In situations like this you have to be able to empathise. If you were in a care home and staff tried to get you to get involved how would you react to someone talking to you like a child, or just not asking you because "she usually says no" I'd want the correct approach, to me this would be hearing the benefits of getting involved, and others things I can do to get involved. My friend on the other hand may benefit from a little more encouragement and maybe being shown how fun it is. This is why person centred care plans are important. You'd be able to read up on how you'd be able to broach the subject of active participation.

4. 2 Work with an individual and others to agree how active participation will be implemented.

I would arrange a meeting with all parties' involved, resident, family and residents' key worker. I would provide all the information as to all the options available to promoting active participation. I would support the family and

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resident through the process of making a decision. I would document this in the residents care plan for other to see so they can use this approach in the future.

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4. 3 Demonstrate how active participation can address holistic needs of an individual.