

Person centered approaches



**ASSIGN
BUSTER**

CT 300 Understand person centered approaches for care and support 1. 1

Define person centered values Person centered values are to enable the person concerned to be involved, included and supported in the planning of the care they require eg: in the initial assessment, their needs, the delivery of care, ongoing support and any future planning while maintaining their * rights (to be upheld and supported eg human rights act) * choice (to be given access to options and information so that the individual can decide for themselves) * privacy (ensuring as much privacy as they require but being available to assist if needed or maintain as much modesty as possible if unable to be left unattended) * dignity (treat each other with respect, maintain and promote the individuals self esteem) * independence (encouraging or helping the individual to do as much as possible for themselves) * individuality (each person is unique, they have their own personalities, likes, dislikes, strengths, needs and beliefs) * confidentiality (not sharing information with anyone unless vital to the wellbeing and safety of individual, also not abusing access to any such information) * respect (not to be treated in an inhuman or degrading way, raise their expectations and the way they see themselves, treat others as you would like to be treated yourself) * equality (each individual to be treated fairly and without prejudice or discrimination and to be allowed the same opportunities/ and use of amenities) * partnership (working together with individuals, their family, friends, also outside influences eg; doctor, legal, social worker etc) CT3001.

2 Explain why it is important to work in a way that embeds person centered values It is important to embrace person centered values so that the individual has full or more supported control over their care and that they

feel safe from any threat or abuse either physically, psychologically or financial also helps them to live their life as fulfilling as possible

Understand how to implement a person centered approach in an adult care setting

2. 1 Describe how to find out the history, preferences, wishes and needs of an individual This information can be gathered by reading care plans, discussing directly with the person concerned and by talking to family and friends

2. 2 Describe how to take into account the history, preferences, wishes and needs of an individual when planning care and support Having a meeting with individual and relevant parties to ensure that the care being provided incorporates all they require, by discussing with individual any concerns that they might have.

Also by incorporating and updating care plans regularly and ensuring all involved with the individuals care are aware of any changes

2. 3 Explain how by using an individual's care plan contributes to working in a person centered way By using an persons care plan ensures that the individual gets the care and support that has been designed especially for them, it

CT 3002. 3 enables them to have a good quality of life to the best of their abilities

Understand the importance of establishing consent when providing care or support

3. 1 Define the word consent Consent is when permission is given for something to happen or agreement to do something

3. 2 Explain the importance of gaining consent when providing care or support It is a legal requirement by law to gain a person's consent prior to any treatment/ care, it also builds up trust and confidence between the individual and the person/ people providing the care and support

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3 Describe how to establish consent for an activity or action By asking the individual verbally prior to each action or activity/ if the individual is not able to verbally give consent then it can be given in writing, or sometimes a nod or gesture can be sufficient

3. 4 Explain what steps to take if consent cannot be readily established If the person cannot give consent either because they cannot communicate or understand the question then the next of kin can give consent (usually in the order of spouses, parents, children, if there is no one or in case of emergencies treating staff can give CT 3003. 4 consent if they believe it to be in the individuals best interest Understand how to encourage active participation

4. 1 Define what is meant by active participation Active participation is where individuals have involvement with others in their own planning, deciding, monitoring of services that relate to their care and support

4. 2 Describe how active participation benefits an individual This gives the individual more control over their care, it recognizes the right for them to participate in the activities of everyday life as independently as possible

4. 3 Describe ways of reducing barriers to active participation By learning to communicate more effectively and providing access to choices and information

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4 Describe ways of encouraging active participation By informing the individual of their rights to participate in their care, by explain how it works and supporting their decisions/ providing ideas and ways for the individual to express themselves

CT 300 Understand how to support an individual's right to make choices

5. 1 Identify ways of supporting an individual to make informed choices By providing and presenting information in a way that the individual can understand and by discussing both positives and negatives to

them and respecting their decisions⁵. 2 Explain why risk taking can be part of an individual's choice? We take risks in nearly everything we do in life, it is the individual's choice to take that risk but they need to know and understand that whatever the outcome they have to face the consequences of their actions⁵. 3 Explain how agreed risk assessment processes are used to support the right to make choices? By making sure that the individual is fully aware of any risks involved and by discussing the possibility of forward planning to reduce/ minimize the risks (eg; going out alone – ensuring the individual has the means of communication -phone number- in case they get lost) this gives the individual the right for choice while agreeing to minimize the dangers⁵.

4 Explain why a worker's personal views should not influence an individual's choice? A personal view is an individual's opinion/ perception of something CT 300. By trying to inflict/ impose your own views then it no longer makes it the individual's choice it then becomes somebody else's view therefore taking away the rights of the individual⁵.

5 Describe how to support an individual to question or challenge decisions concerning them that are made by others? By providing the individual with full information on a decision made without being biased/ judgmental in any way ensures the individual has the knowledge to be able to question or challenge any decisions made by others with the view to change then by fully supporting the individual's rights a meeting to discuss these changes can be arranged with the manager and a risk assessment process could be used to enable the individual to make these changes. Understand how to promote an individual's wellbeing⁶. 1 Explain how individual identity and self

esteem are linked with wellbeing Each individual has their own interests and preferences so by grouping them together (eg; for activities, entertainment) can create the feeling of being pressured into something they disagree with, lack of identity thus resulting in low self esteem so by giving the individual choice if they want to participate promotes their self esteem and preserves their identity

6. 2 Describe attitudes and approaches that are likely to promote an individual's wellbeing By remembering that each person is an individual with different preferences, likes, beliefs and by listening, respecting and supporting their decisions in an unbiased way.

Also by helping them to stay as independent as possible, respect their rights, choice, dignity, privacy, confidentiality, equality and diversity

6. 3 Identify ways to contribute to an environment that promotes wellbeing Having a nice friendly atmosphere creates a nicer environment for people to be involved in, also by respecting the individual's choice of their room, how they would like it to look, pictures, ornaments, furniture etc