

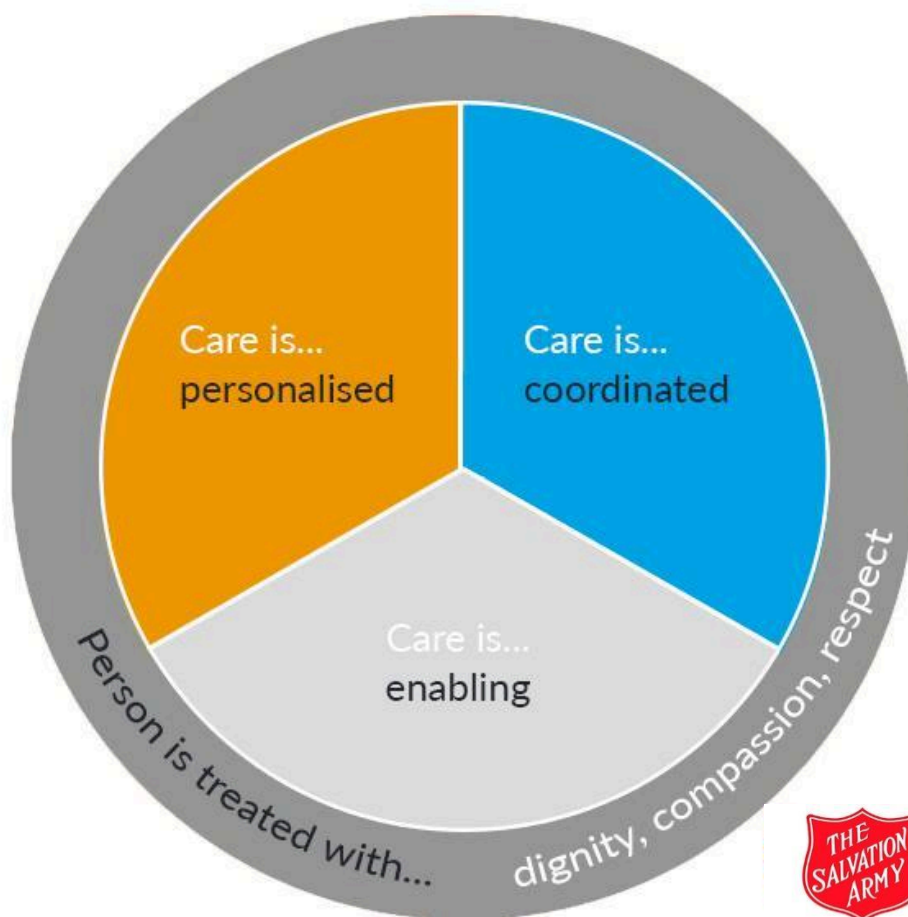
Person-Centered Values in Treatment

Person centered care is a concept that affects the thought process, and the way everyday responsibilities are performed by medical, clinical, and support staff.

It is completely centered around the person who is receiving care.

- It is personalized
- It is coordinated
- It is enabling
- The person is treated with dignity, compassion, and respect

The four principles of person centred care



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This concept works by combining the professional knowledge of staff with the personal knowledge of your own values, feelings, and capabilities.

Principles of Person-Centered Care

Respecting the individual

It is important to get to know you as a person and recognize your unique qualities. You have your own personal values, beliefs, boundaries, and perspectives. It is vital to not only understand these aspects of you but to also respect them and incorporate them into the care plan.

Treating people with dignity

This involves communicating with you in a respectful way, listening to what you have to say and taking your input. It also means maintaining your dignity and avoiding embarrassment or shaming.

Understanding your experiences and goals

To create a successful treatment plan, it is important to know your life experience, your present state, and your goals for the future.

Maintaining confidentiality

As with any other method of care, confidentiality must be maintained where appropriate. Not only for your well-being, but to also build trust and create a productive relationship. This principle may be approached by establishing with you what information they want to be shared with the friends, family, or other professionals.

Giving responsibility

A person-centered care approach helps you to perform as many everyday activities by yourself as you can. This is important for encouraging the development of your skills and creating more confidence in the journey to recovery. Although in this approach your boundaries must be recognized and not pushed too far.

Coordinating care

To make recovery as smooth and productive as possible, all staff should be coordinating the treatment being given to you. This is especially relevant for those

receiving many different types of care, as an unorganized plan can cause you confusion, stress, anxiety, or a setback in recovery.

Why it's important and the benefits

- You will feel more motivated when following a plan that you have input in and is tailored to your specific needs.
- It helps you work towards your goals and reach important milestones.
- Not only will your recovery needs be met, but also your emotional, personal, and social needs.
- It encourages independence and gives you more responsibility in your care
- You will feel more comfortable and positive about the services you are receiving, which creates a much better environment for all
- The quality of care is improved.