# **Person Centred Care - Factsheet**



www.dementiaweb.org.uk



# **Person Centred Care**

### What is person centred care?

- It is a way of caring for a person with dementia as an individual with unique qualities.
- It means looking at the world from the person's point of view 'standing in their place' and appreciating how they might be feeling.
- This is very different from treating all people with dementia as if they are the same it makes the care you give 'individual'.

## What can I do to be 'person centred'?

These are a few ideas:

- Help the person do things for themselves as much as possible.
- Make the most of a person's strengths.
- Communicate as well as you possibly can, explaining what you are doing.
- Try to foster an atmosphere of freedom, not control.
- Share your day with the person as opposed to 'doing things to' a person.
- Help the person to be included, to feel part of a community, carrying on with activities they have enjoyed before.
- Treat the person as you would wish to be treated.



# What should I try to avoid?

Try not to:

- Restrict the person in order to fit in with a rigid routine. Although some routine is necessary, a
  degree of flexibility will help to give you both more of a feeling of freedom.
- Treat the person like a child or speak to them in a childlike fashion even when you may feel like you are having to 'parent' the person you care for.

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- Use power to control the person. A person who has dementia can be very vulnerable. It may
  feel easy for you to slip into a powerful role and control situations. Achieving agreement to do
  something can feel like a more positive way to do things.
- Ignore the person or confuse them by speaking quickly. Participating in communication can be hard work but the person you care for may feel a sense of having contributed.
- Make fun of 'strange' or unusual behaviour. There may be meaning behind behaviours that need to be understood.
- Deny choice altogether– instead make choice simple, less complicated. Show two items of clothing or suggest two choices for lunch.
- Dismiss what the person is saying if it seems unreal. What is happening to them and what they tell you is real to them.
- Shout or use threatening body language. A person who has dementia can often retain the
  ability to sense your mood from your language and body posture even if they can no longer
  articulate what they are witnessing.

#### And what about me?

- Being person centred starts with you! You need support and some time to look after yourself so that you can continue caring, 'recharge your batteries'.
- Have a look at the Hints and Tips sheet 'Carer Support' for ideas.

#### **Dementia Information Service for Carers**

Helpline Number 0845 1204048

Call in normal office hours. Answer phone at other times.

Email: info@dementiaweb.org.uk

Web: www.dementiaweb.org.uk

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