

Alzheimer *Society*





On Being Person Centred

*Presented by:
Christene Gordon,
Director of Services,
Alzheimer Society of Alberta and Northwest Territories*





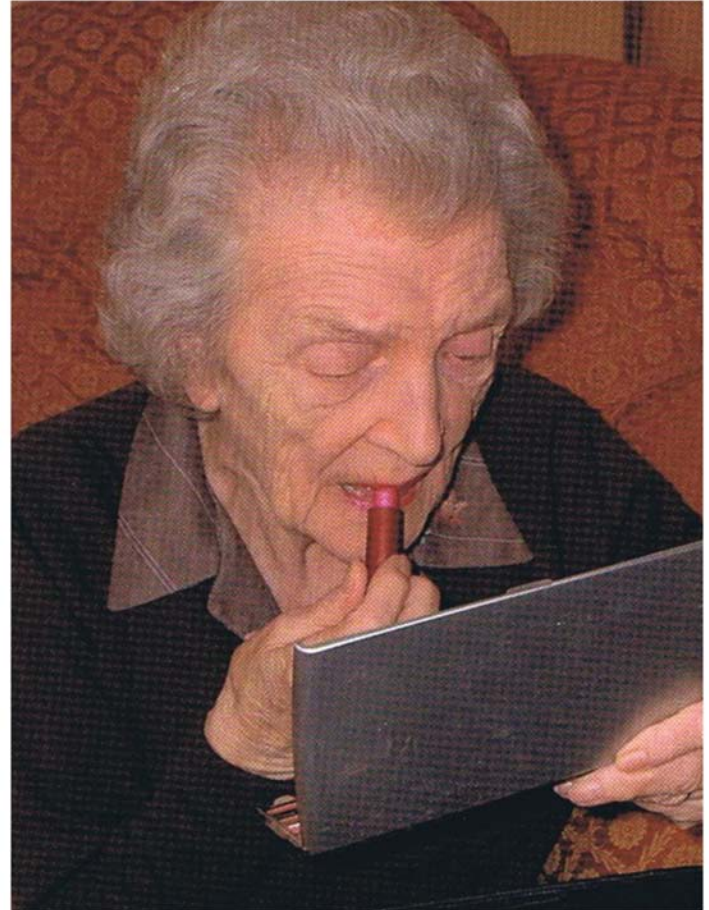



On Being Person Centred

This session aims to create reflection and dialogue about the meaning of Person Centred.

Our hypercognitive
culture categorized
those with severe
dementia as
“non persons”

~Stephen Post, 1995



A serene ocean scene with a blue sky and calm water. The sky is a deep blue with some light, wispy clouds. The water is a lighter blue with gentle ripples. In the distance, a low, dark landmass is visible on the horizon. The overall mood is peaceful and expansive.

*In Dementia Care I often suggest
that it is as though we are facing
a vast ocean and we have only
just begun to get our feet wet.*

~ Malcolm Goldsmith

Personhood

“Personhood – a standing or a status that is bestowed on one human being by another in the context of relationship and social being” ~ Kitwood, 1997: p 8





Kitwoods Equation

D = dementia presentation

P = personality

B = biography

H = health

NI = Neuropathological impairment

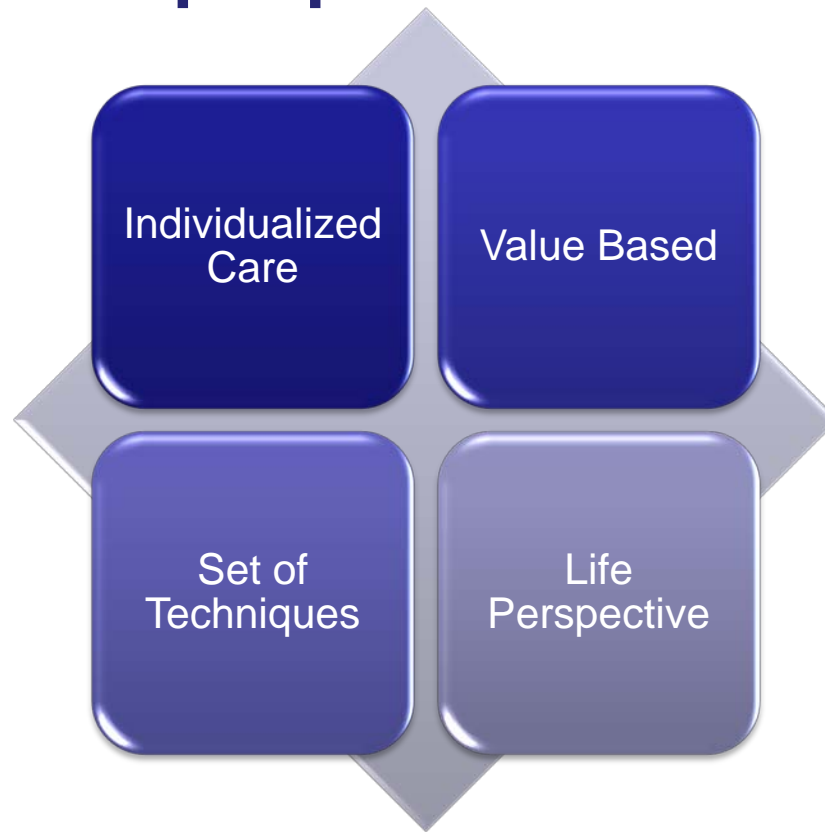
SP = Social Psychology

Primary outcome of Person Centred Care

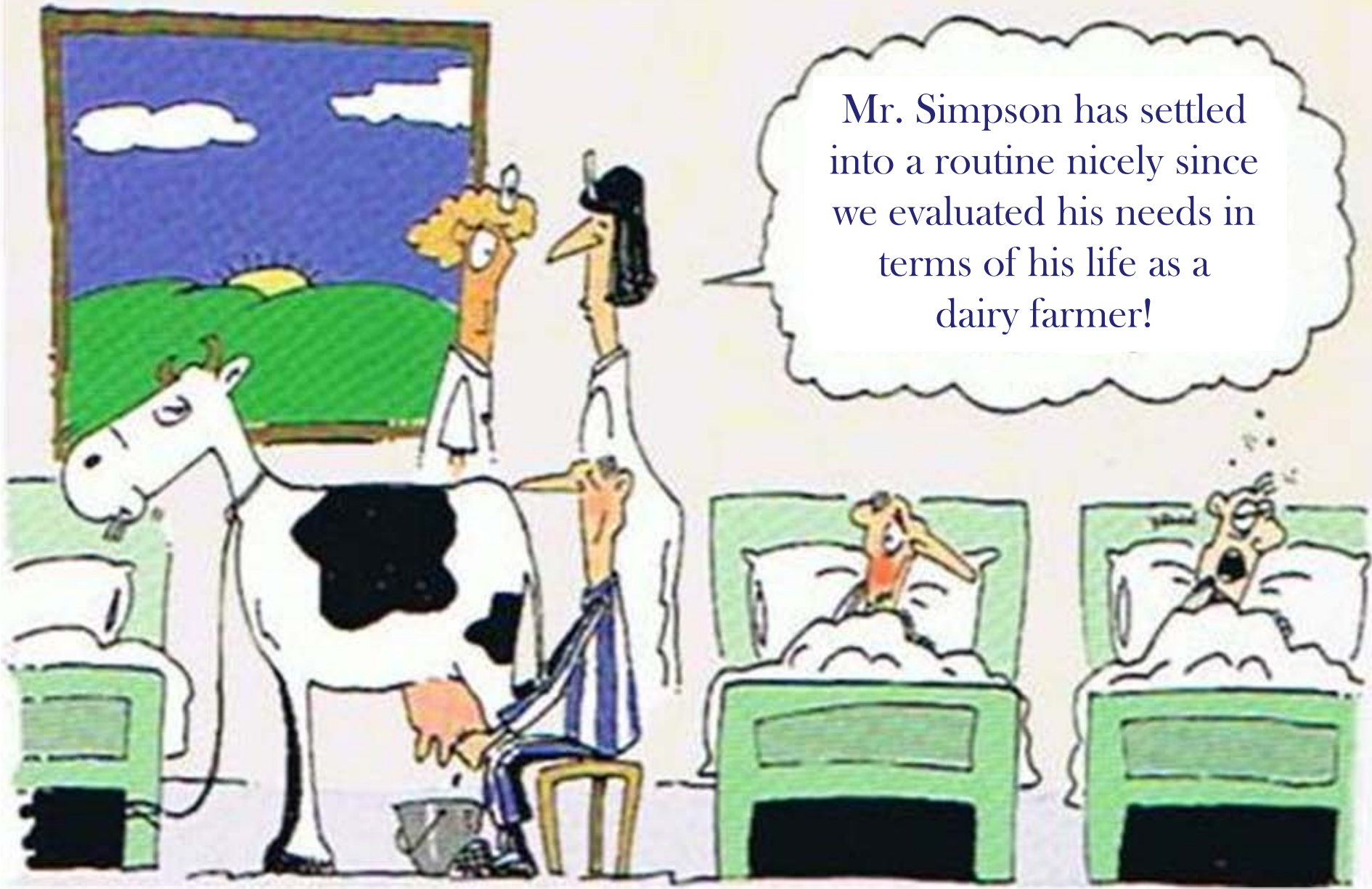
To maintain personhood in the face
of declining mental powers.

~ Kitwood 1997

Person Centred means different things to different people in different contexts.



Individualized Care



Set of techniques



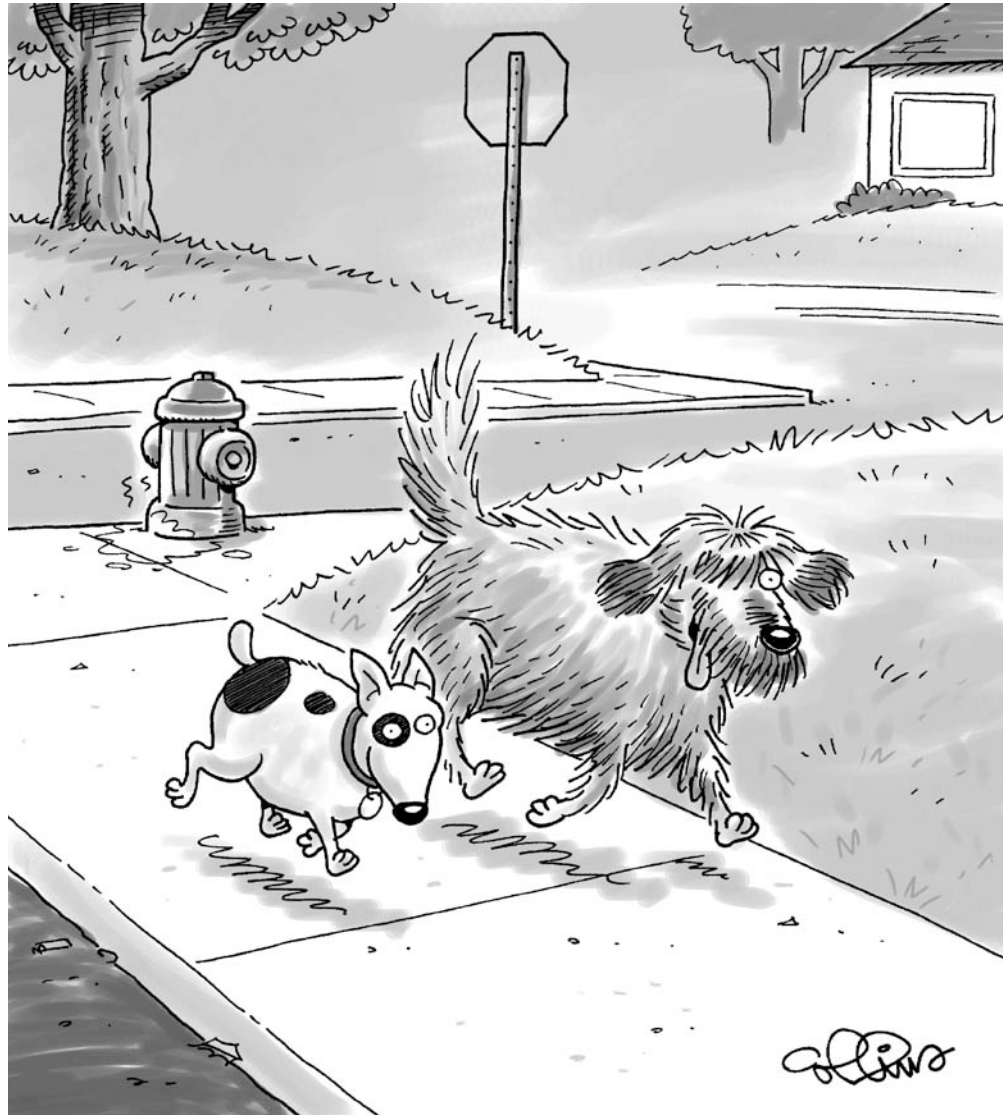
"Of course I'm listening to your expression of spiritual suffering. Don't you see me making eye contact, striking an open posture, leaning towards you and nodding empathetically?"

Value Based



“I’d like to drop this whole believing in God thing.”

A Life Perspective



"MY PHILOSOPHY FOR A HAPPY LIFE IS SIMPLE; IF I CAN'T
EAT IT, FETCH IT OR HUMPH IT, I PISS ON IT."



Four major elements of Person Centred Care

Dawn Brooker, 2004

V	A <i>value</i> base that asserts the absolute value of all human lives
I	An <i>individualized</i> approach recognizing uniqueness
P	Understanding the world from the <i>perspective</i> of the person served
S	Providing a social environment that <i>supports</i> psychological needs

These four elements can and do exist separately but brought together create a powerful culture.

$$\text{PCC} = \text{V} + \text{I} + \text{P} + \text{S}$$

Person centred

- ❖ Needs to be grounded in feeling, seeing and hearing the real lived experience of people with a dementia.
- ❖ Not “them who are damaged” and “us who are whole” we too are damaged in some ways – fears, uncertainties, insensitivities etc.

Key Indicators for Service Providers

- Vision
- Human Resource Management
- Management Ethos
- Training and Development
- Service Environment
- Quality Assurance

Person Centred Planning:

- Is built on the values of inclusion and looks at what support a person needs to be included and involved in their community.
- The following principles apply:
 - The person is at the centre
 - Family and friends are partners
 - Focus is on gifts and capacities
 - Builds a shared commitment to action
 - Is an ongoing process

Person Centred Thinking:

- Is a way of working that helps sort what is important *to* a person from what is important *for* them.
- Addresses issues of health, safety and risk while supporting choice.
- Identifies what the core responsibilities are for those who provide paid support.
- Focuses on actively enabling and supporting others.
- Focuses on breaking down a them and us culture.

Real human connection
requires us to *feel*
someone else's experience
and walk in their shoes.

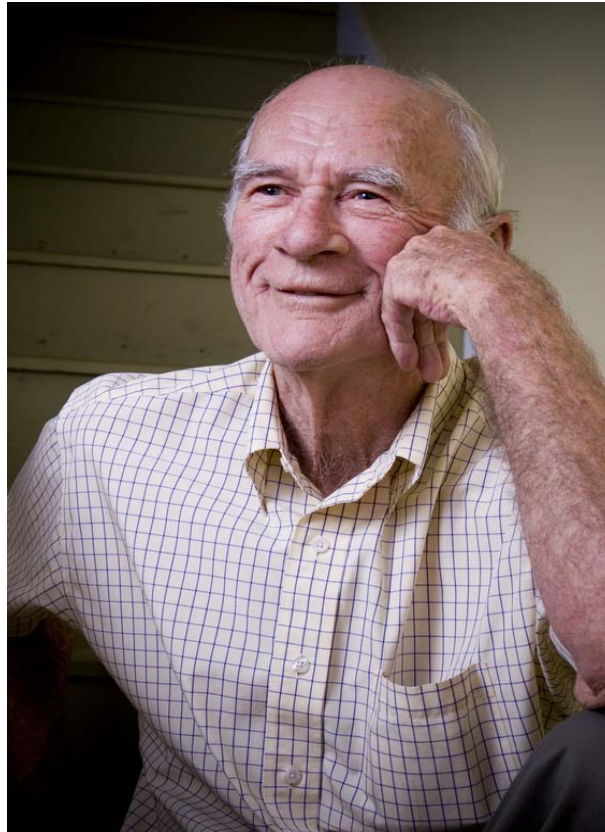
A shift from doing
person centred care to
being person centred.

Positive Person Centred Interactions



Recognition

The person is acknowledged as a person, known by the name they prefer.



Negotiation

The person is consulted about their preferences, desires and needs, rather than conforming to others' assumptions.



Collaboration

Two or more people aligned on a shared task with a definite view in mind.



Play

Play has no goal other than the activity itself.



Timalation

Interaction in which the senses are the focus – to provide stimulation.



Celebration

Not just special occasions but any moment of life
that can be joyful.



Relaxation

Many people with dementia are able to relax only when others are near them.



Validation

Acknowledging the person's emotions and feelings
and giving a response on the feeling level.



Holding

Not necessarily a physical action – to hold means to provide a safe psychological space.



Facilitation

Means enabling a person to do what otherwise he or she would not be able to do.



Knowing our life and emotional history is for others the key to unlocking who we are, why we feel the way we do and what influences our actions.



Reflective questions

- ❖ What have been the great emotional moments in your life?
- ❖ What have you learned through life about yourself and your feelings?
- ❖ How can acknowledging your own emotional journey help in your work?



