



Assistive Living
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Person centred Care and ALT Assessment

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Erasmus+

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Learning outcomes

- 1) Demonstrate an understanding of person centred care in relation to ALT & assessment
- 2) Discuss how ALT can support the principles of effective person centred care to promote health and well-being.
- 3) Gain confidence in adopting person centred approach to ALT assessment in health and social care.





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What is person centred care ? Some Definitions

“Being person-centred is about focusing care on the needs of the person rather than the needs of the service”. “It means that the person is an equal partner in the planning of care and that his or her opinions are important and are respected. That doesn’t mean that ‘what the person says, goes’, but it does mean that we have to take into consideration and act on what people want when we plan and deliver their care.” RCN.2017

“In person-centred care, health and social care professionals work collaboratively with people who use services. Person-centred care supports people to develop the knowledge, skills and confidence they need to more effectively manage and make informed decisions about their own health and health care. It is coordinated and tailored to the needs of the individual. And, crucially, it ensures that people are always treated with dignity, compassion and respect.” The Health Foundation 2014.

“Being person-centred is about focusing care on the needs of individual. Ensuring that people's preferences, needs and values guide clinical decisions, and providing care that is respectful of and responsive to them. Health and wellbeing outcomes need to be co-produced by individuals and members of the workforce working in partnership, with evidence suggesting that this provides better patient outcomes and costs less to health and care systems’ NHS Health Education England.2017.



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Quality Care Commission UK

Quality Care Commission. 2017. Refers to **Health and Social Care Act 2008 (Regulated Activities) Regulations 2014: Regulation 9**

“This regulation describes the action that providers must take to make sure that each person receives appropriate person-centred care and treatment that is based on an assessment of their needs and preferences. ...Providers must work in partnership with the person, make any reasonable adjustments and provide support to help them understand and make informed decisions about their care and treatment options, including the extent to which they may wish to manage these options themselves,”

ALTAS The Four Principles of Person Centred Care

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The four principles of person-centred care



ALTAS The Features of Person Centred Care

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- Knowing the patient as a person
- Enabling them to make decisions based on informed choices about what is available.
- Shared decision making rather than exerting control over the patient.
- Providing information that meets the individual needs of the patient.
- Supporting the person to express their choices.
- Ongoing evaluation to ensure that care remains appropriate for the individual.

Delves-Yates (2015)

The wider determinants of Health (Dalghren and Whitehead 1991)

Figure 1.1 A Model of the Determinants of Health



Figure shows one influential model of the determinants of health that illustrates how various health-influencing factors are embedded within broader aspects of society.

Source: Dahlgren, G. and Whitehead, M. (1991). Policies and Strategies to Promote Social Equity in Health. Stockholm: Institute for Futures Studies.

Person centred planning is

a powerful way to support positive change

a different way of working together

a better way to listen and respond to people

different for different people

an invitation to personal commitment

working towards inclusive communities

for anyone who wants it





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What is a strengths-based approach to care?

“A strengths-based approach to care, support and inclusion says let’s look first at what people can do with their skills and their resources and what can the people around them do in their relationships and their communities. People need to be seen as more than just their care needs – they need to be experts and in charge of their own lives. “
Alex Fox, chief executive of the charity Shared Lives

The phrases ‘**strengths-based approach**’ and ‘**asset-based approach**’ are often used interchangeably. The term ‘strength’ refers to different elements that help or enable the individual to deal with challenges in life in general and in meeting their needs and achieving their desired outcomes in particular.

Potential strengths/assets

- An individuals personal resources, abilities, skills, knowledge, potential.
- An individuals social network and its resources, abilities, skills.
- community resources, also known as ‘*social capital*’ and/or ‘*universal resources*’.

Social Care Institute for Excellence (2017)

Care and Support Planning

Care and Support Planning , takes into consideration both what is important **to** and important **for** the person to have a good life. It is essential to give people more **choice** and **control** in their life and they way they are supported to live it.

Benefits of Person-centred Care and Support Planning

- An understanding what really matters to people, this information is used to inform the best possible solutions.
- The service user and carer can explore the different options available to them. Leading to the best choice of resource for the individuals needs.
- The individual has more of a say, leading to increased choice and control over how they live their life – which is a fundamental principle of **personalising services**.

Person Centred Thinking

Person-centred thinking tools help people to think and plan for their life.

For access to a range of useful tools and templates click on the link below.

<http://helensandersonassociates.co.uk/person-centred-practice/person-centred-thinking-tools/>

Video

Michael Smull - *Definitions. What is meant by person centred approaches, thinking and planning?*

View the video. 5.47 Minutes.





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Person Centred Thinking Tools

Person-centred thinking tools are a set of easy to use templates that are used to give structure to conversations. The tools are used in a practical way to capture information that feeds into care and support planning, as well as to improve understanding, communication and relationships.

Example. **Sorting important to/for**

An essential person-centred thinking skill is the ability to separate what is **important to** someone from what is **important for** them, and to find a balance between the two. This information can be summarized in the one page profile.

In the past health & social care services have mainly focused on what is important for individuals, to keep people healthy and safe. Working in a **person-centred** way requires that the person is seen first– what matters to them, not just what the matter is with them. As part of the assessment process it is important to learn what is important to the person and what is important for them, and find the balance that works for the individual.

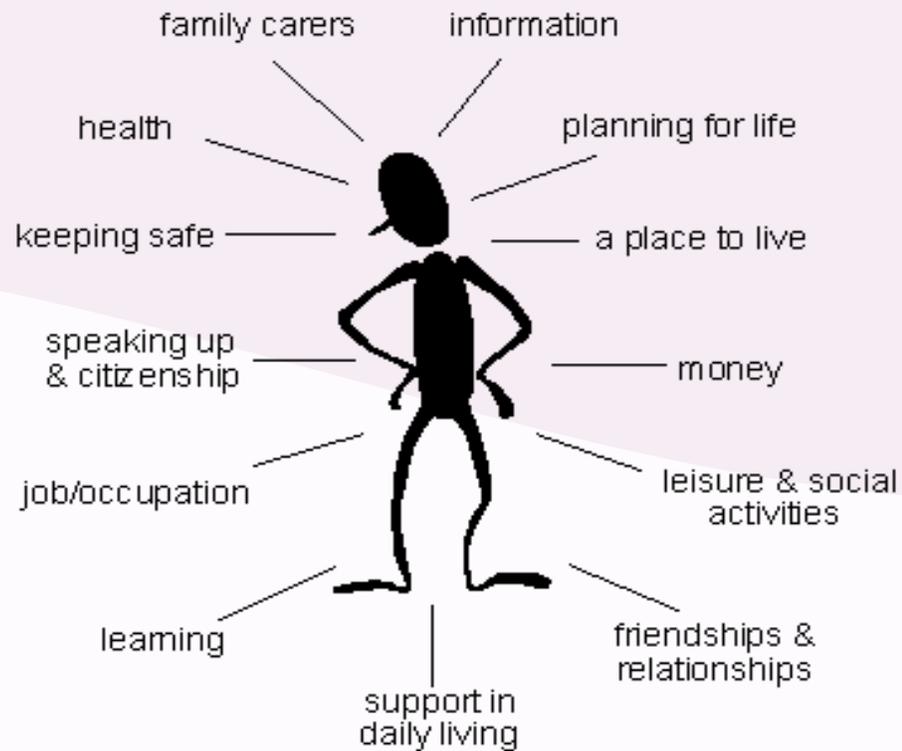


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Sorting important to/for

Important to	Important for
Speak to people and socialize	Not to let strangers into my flat
Not to rely upon others to help me take my medication	To remember to take my medication on time
Meet new people	To remain safe , to be aware of potential risks

Person centred planning points to consider



A person-centred approach to planning



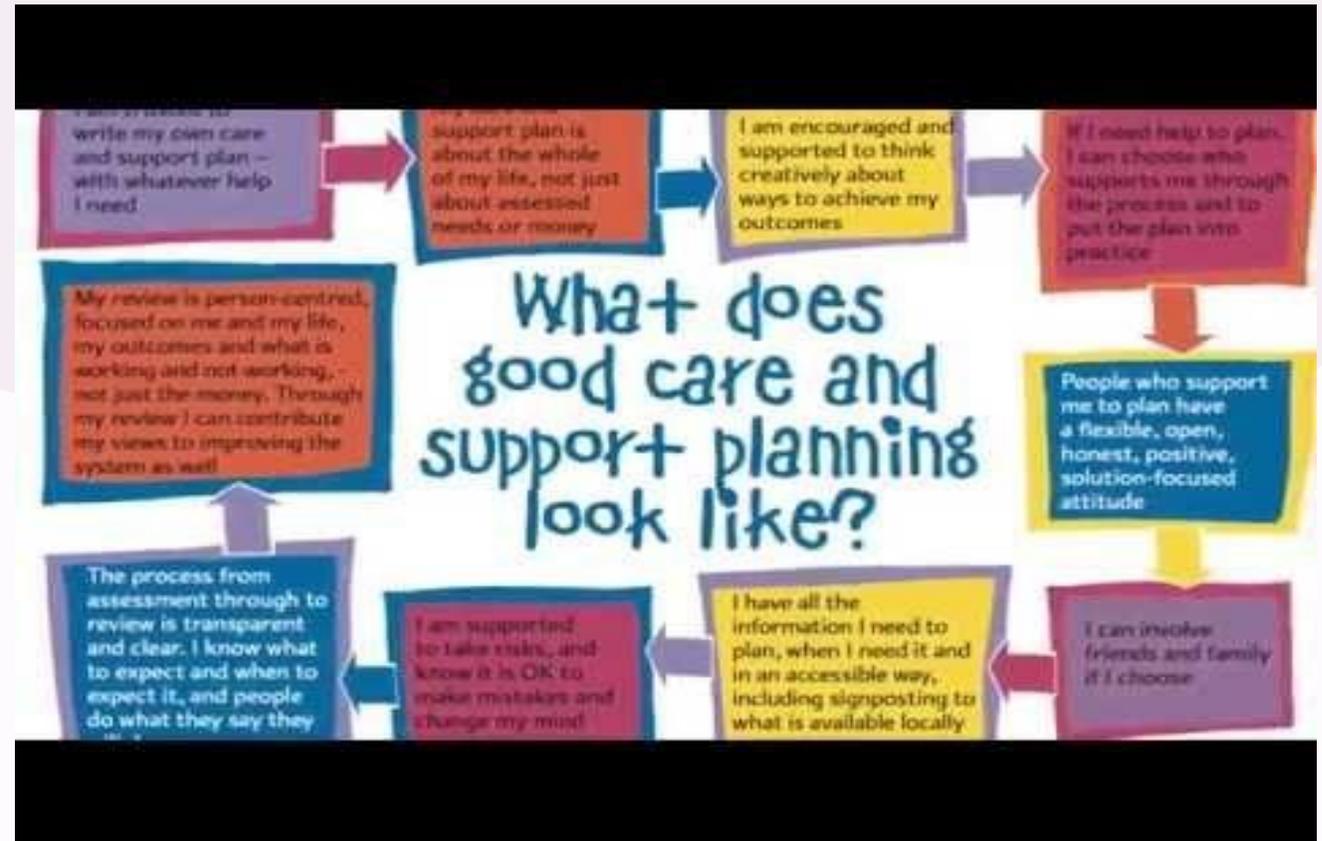
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Care and support Planning

This video explains good practice in Care and Support Planning, and how it is reflected in the UK's statutory requirement, under the Care Act.

View the video 8.48 Minutes

Helen Sanderson Associates.2017





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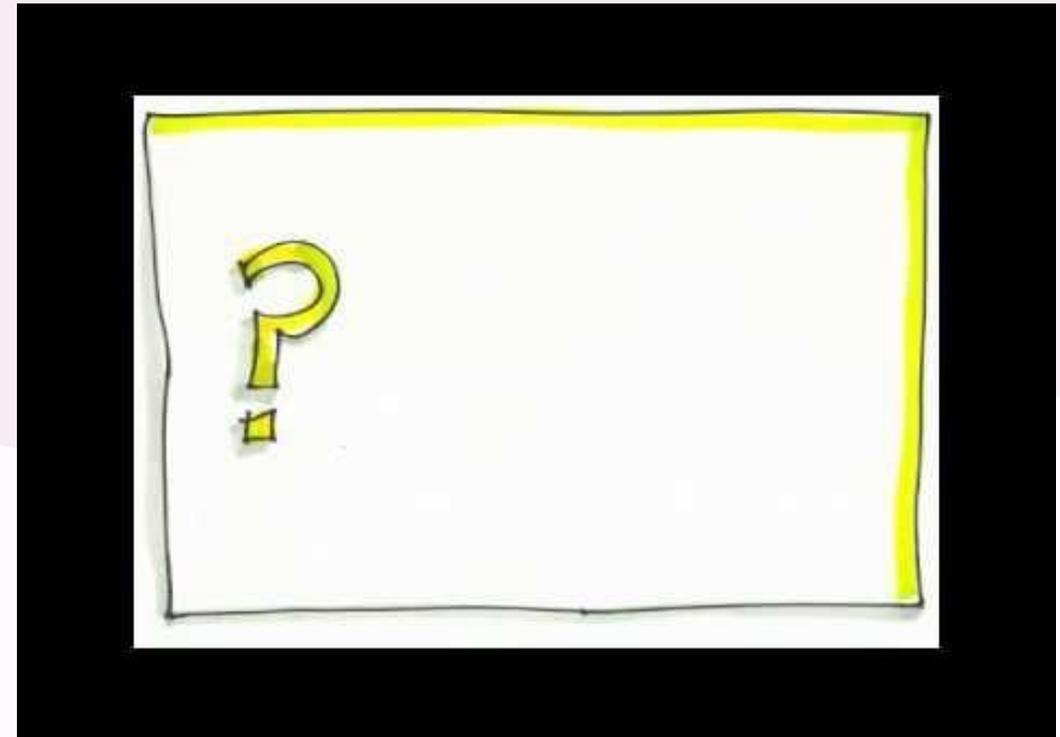
A One Page Profile

A one-page profile is a way to record what people appreciate about someone, what is important to them and what supporters need to know or do to enable a person to live the life that he or she wants. The profile can be used across all ages and in a variety of health and social care settings.

Helensandersonassociates.co.uk .2017

View the video .5 Minutes

In groups consider how a one page profile could lead to a positive change for service users.





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Example of person centred care Promoting independence in a care home.

View the video. 9.2 minutes.

Actors have been used in this short film.

Emily is 94 and a resident of a care home, The context of the drama is the balancing of risks and freedoms for Emily. She wants to continue making tea for herself each morning, despite the risks of falls or scalds, and the staff team are anxious to ensure that arrangements are made which keep Emily safe.

During the decision-making process, consideration is given to the risk of harm to Emily, balanced against her right to freedom of action.

<https://www.scie.org.uk/personalisation/practice/residential-care-homes/promoting-independence>

Scie.org



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Personalisation for older people living at home

In this video Anne MacFarlane, an older disabled woman and disability rights campaigner, talks about her lifelong experience of social care services.

She found conventional services very restrictive, but since choosing to receive direct payments her life has improved considerably, not least because she has been able to take up paid employment.

Anne also talks about the importance of accessible transport, independent living and dignity. She says that ultimately personalisation is about being able to 'do the ordinary'. She concludes by expressing her concerns for her future when her need for support will be greater.

Scie.org

View the Video .5.53 minutes.

<https://www.scie.org.uk/personalisation/specific-groups/older-people/living-at-home>

ALTAS An example of personalized care using connected care technology

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Delivering personalised care and support outcomes through connected care technology webinar .

<https://www.youtube.com/watch?v=GfOL2Dw5Wxk>

View the Video . 34 Minutes

Helen Sanderson Associates 2016.

In small groups , explore what you have learnt from the video presentations. Identify 5 key messages that will inform your practice.

Working Together

Coproduction



Scie 2016. Prevention: Reablement



The film provides an introduction to home care reablement.

Reablement is a relatively new service in the UK aimed at supporting people to regain independence that may have been reduced or lost through illness or disability.

(9.44 Minutes)



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Reablement services may be offered to someone who has recently come out of hospital. It can include:

- Helping the individual to practise daily activities such as cooking and bathing, to help regain skills and increase confidence.
- Helping to find new ways to do some activities, helping the individual to so feel safer and more confident
- Exploring what else might help, such as whether the individual needs support to go out, or whether they could benefit from a personal alarm or telecare
- Involving relatives or carers in helping the individual live more independently, and discussing any support they might need , such as training or psychosocial support.

NHS Choices.(2017)



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Skills for Health .2017 . Person-Centred Approaches: Empowering people in their lives and communities to enable an upgrade in prevention, wellbeing, health, care and support. [online] Available from ; <http://www.skillsforhealth.org.uk/images/pdf/Person-Centred-Approaches-Framework.pdf> Accessed 22 December 2017



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Useful Websites

http://www.circlesnetwork.org.uk/what_is_person_centred_planning.htm

<http://www.centreforwelfarereform.org/>

http://www.helensandersonassociates.co.uk/Reading_Room/How/Person_Centred_Planning.html

<http://www.valuingpeople.gov.uk/dynamic/valuingpeople136.jsp>

<http://www.inclusive-solutions.com/pcplanning.asp>

<http://www.mentalhealth.org.uk/>

www.NWDT.com (North West Training and Development Team)

NHS Health Education England. Person centred care. <https://hee.nhs.uk/our-work/person-centred-care>

Useful Websites

RCN What does person centred care mean? <http://rcnhca.org.uk/sample-page/what-person-centred-care-means/>

The Health Foundation .2014. Person centred care made simple .
<http://www.health.org.uk/sites/health/files/PersonCentredCareMadeSimple.pdf>

<https://www.scie.org.uk/care-act-2014/assessment-and-eligibility/strengths-based-approach/care-act-video-eligibility-approach.asp>

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