

Caregivers' Cove

Research has shown that Person-Centred Care (PCC) has lasting benefits¹.

As a person, the senior need²

- to feel safe and comfortable where they live,
- to relate a life story from the past to the present,
- to have a sense of belonging,
- to feel that they matter,
- have something to look forward to.

PCC² means

- not to blame, deceive or ignore them,
- accommodate their needs and comfort level,
- be supportive in what they want to do.

It helps to regard a senior person³ with

- dignity,
- personal values and preferences,
- strengths and limitations,
- opinions to share about decisions affecting them.



Photo credit: Unsplash

看护者港湾

研究显示《以人为本》¹有长远的益处。

身为人，长者需要²：

- 在住所感觉安全和舒适，
- 人生故事从过去到现在有连贯，
- 有归属感，
- 觉得自己有价值，
- 有盼望。

有益的态度³

- 维持长者个人的尊严，
- 尊重长者个人的价值观和喜好，
- 留意长者个人的强项和限制，
- 对有关个人的事项征求他/她的意见。

《以人为本》²是

- 不埋怨、欺骗或忽视他们，
- 配合他们的需要和舒适，
- 支持和协助他们完成意愿。



图像源：Unsplash