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



[&]quot;Person-centred Care Made Simple" https://www.health.org.uk/publications/person-centred-care-made-simple, 22 Apr 2023 "Person-centred Care and Dementia" https://slideplayer.com/slide/104696831, 22 Apr 2023 "What matters to older adults? Exploring person-centred care during and after transitions between hospital and home", https://onlinelibrary.wiley.com/doi/10.1111/jocn.15914, 22 Apr 2023

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



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