Caregivers' Cove

Evidence[1] has shown that adopting a Person-Centred approach can be mutually beneficial for the caregiver and care recipient.

The Person-Centred Approach[2] is...

- Respecting a loved one as a person before minding his/her illnesses.
- Honoring his/her personal values and wishes.
- Focusing on their personal strengths and abilities.
- Enriching relationships to give and receive.

Enter Their Realities

- How does his/her physical and/or mental condition limit his/her abilities?
- What common aims do you share with your loved one? Use these as bridges to achieve goals.
- Keeps expectations and burden levels in check.

Remind Your Loved One

- Who they are related to.
- Where their strengths lie.
- Their likes and dislikes matter.
- What they have achieved.
- Who appreciates them.
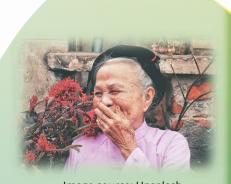
Share with us your experience!

Image source: Unsplash

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Building Stronger Communities, *Together*

1. "The Fundamentals of Person-Centered Care for Individuals With Dementia", Oxford Academic, https://academic.oup.com/gerontologist/article/58/suppl_1/S10/4816735, 30 Jan 2021
2. What Person Centered Care Should Really Look Like & Why it's Important, https://www.thevicaragebythesea.com/person-centered-care-living-dementia/, 30 Jan 2021

看护者港湾

研究[1]显示采用《以人为本》方式对看护人和被看护者可能都有益处。

《以人为本》是[2]

- 先尊重您亲人为一个人，后再处理他、她的疾病。
- 敬重他/她个人的价值观和愿望。
- 着重他/她个人的强项和能力。
- 充实双方的关系来施与受。

进入他/她们的世界

- 他/她的长期病症如何限制他/她？
- 你们有什么共同的目标？可利用来达成共识。
- 检讨期望和负担符合现实。

提醒您亲人

- 他们和谁有联系。
- 他们的长处所在。
- 您在乎他们的喜好或厌恶。
- 他们的成就。
- 谁欣赏他们。

请和我们分享您的经验！

图像源：Unsplash

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