

Caregivers' Cove

A senior could fare better by being a key player in the maze of caregiving. Person-centred care (PCC) for caregivers takes practice but its benefits are worth it!

A PCC caregiver would enjoy¹

being with a senior who feels comfortable and is motivated to play his/her part. It also helps the senior maintain or recover better from some conditions.

Practicing PCC

Give the senior choices on what to eat, wear or do, Cheer him/her with a favourite song², plan the day according to his/her energy levels, and provide devices for him/her to be more independent.

PCC empowers a senior¹

as a unique individual through understanding, respect and providing the support he/she actually needs.

Benefits of PCC comes through¹

observing, checking and listening to the senior. Remember to update other caregiving parties about what the senior prefers.



1. "What is Person Centred Care? Principles, Definitions & Examples", <https://ajcasemanagement.com/person-centred-care-principles-definitions-examples/>, 18 Dec 2021
2. "Like a bridge over troubled water – a qualitative study of professional caregiver singing and music as a way to enable person-centred care for persons with dementia", <https://www.tandfonline.com/doi/full/10.1080/17482631.2020.1735092>, 30 Dec 2021

看护者港湾

在看护长者的迷宫中，《以人为本》原则让长者因担任主角而过得更好。熟能生巧，值得！

《以人为本》原则 让看护者享有¹

轻松、有动力和愿意配合的长者。这也有助长者维持或更快从一些病症中复原。

练习《以人为本》

给长者选择吃、穿和做什么，播他/她爱的歌曲解闷²，按精力程度安排一日活动，提供设备助他/她更独立。

《以人为本》授权 长者¹

认识他/她的独特性，以谅解、尊敬提供他/她真正所需要的支持。

《以人为本》的 好处来自¹

观察、确定和凝听。别忘了向其他看护者报告长者的偏好。



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1. "5 Interesting Topics To Talk About With Seniors", <https://familymattershc.com/5-interesting-topics-to-talk-about-with-seniors/>, 18 Dec 2021
2. "44 ENTERTAINING DISCUSSION TOPICS FOR SENIORS", <https://www.trendingus.com/entertaining-discussion-topics-for-seniors/>, 18 Dec 2021