

Person-Centred Care Approaches

This programme covers what is meant by person-centred values and how to work effectively in a person-centred way. It addresses why you must take peoples' wishes, needs, likes or dislikes into account and how you can help those you care for live a more independent and fulfilling life. The programme has been mapped to the Care Certificate and the Core Skills Training Framework (CSTF) for health.



Key features

- A level 2 programme (as graded against the nationally accepted levels and equivalent to GCSE grades A* - C).
- Four modules with multiple choice questionnaires.
- Four CPD hours with a personalised downloadable certificate.
- 70% pass mark.
- Optional narration of each module for accessibility.
- Additional resources for further learning and printable modules for future reference.
- Interactive video and game content to underpin learning
- This programme has been mapped to the Care Certificate and CSTF standards.

Programme objectives

This programme will help to ensure that staff in health and social care are promoting and delivering person-centred values in their everyday practice.

1. Understand what is meant by person-centred values
2. Recognise why it is important to work in a person-centred way
3. Learn how to support people using person-centred values, including respect for their individuality, dignity and choices
4. Demonstrate awareness of the individual's immediate environment and make changes to address factors that may be causing discomfort or distress
5. Understand how a person-centred approach supports individuals to engage in active and fulfilling lives
6. Promote emotional and spiritual wellbeing and support individuals to maintain their identity and self-esteem
7. Deliver and promote person-centred care in everyday practice

Target audience

This programme is designed to show health and social care staff how to work effectively in a person-centred way.



Why choose us?

“ The courses are a very practical and cost effective way of staff accessing training on a wide variety of subjects. The courses use a variety of formats and exercises to vary the learning, maintain interest and reinforce subjects. It's also great that the courses are continually being updated, either with new content or new features, such as videos and animations. ”

Dave Cartledge, Training Manager, Wrixon Care



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Module content:

1. Introduction

- Understand person-centred values
- Recognise why it is important to work in a person-centred way
- Understand how to support people using person-centred values
- Know how to support people using person-centred values, including respecting their individuality, dignity and choices.

2. Working in a Person-centred Way

- Understand the history, preferences, wishes and needs of the individual
- Working as a team, including understanding peoples' different roles
- How to understand a person as a whole
- Care and support planning
- How to reflect the changing needs of an individual in their care and support
- How to support individuals to plan for their future well
- All about consent and the different types of consent

2. Supporting and Promoting Wellbeing

- How environmental factors can cause discomfort or distress
- Recognise signs that an individual may be in pain, discomfort or distress
- How to take appropriate action if an individual is experiencing pain, discomfort or distress
- How to raise a concern
- Supporting individuals to maintain their identity and self-esteem
- Supporting spiritual and emotional wellbeing
- Challenging your own attitudes and behaviours
- Reflection case study

