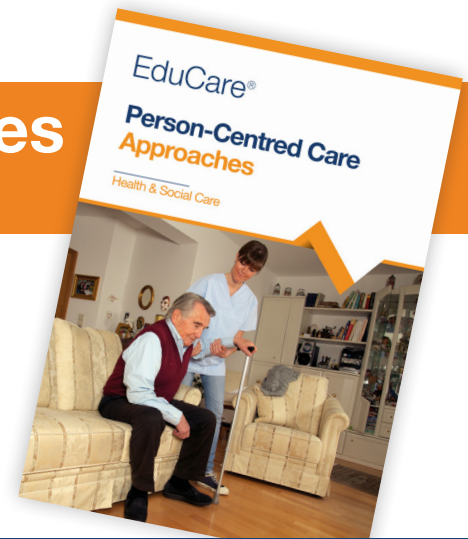


## Person-Centred Care Approaches in Health and Social Care

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



### Course details

- Three modules with three multiple-choice questionnaires
- Three CPD credits\*
- Optional narration of the course modules and questionnaires for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable modules for future reference

\*1 CPD credit equals up to 1 hour of learning

### Course content

#### Module 1 Introduction

- Reflection on your own likes and preferences
- What is person-centred care?
  - Why should we care in a person-centred way?
  - Person-centred planning
  - The benefits
  - The key rules of person-centred planning
- What is wellbeing?
- Promoting dignity
- Person-centred values
  - The 6Cs
  - Person-centred values in health and social care



## Module 2 Working in a Person-Centred Way

- **Working as a team**
  - Matron/manager
  - Administrator/office manager/ward clerk
  - Clinical lead nurse/clinical therapist
  - Senior nurse/nurse on duty
  - Senior support worker/team leader/senior health care assistant (HCA)
  - Support worker/health care assistant/therapy assistant
  - Activity facilitator
  - Cook/catering assistant
  - Housekeeper
  - Laundry assistant
  - Maintenance person
- **From beginning to end!**
  - Key elements for understanding a person as a whole
- **The care or support plan**
  - What care planning should involve
  - Changing needs (scenario)
  - Holistic care plan for the future
  - Advance care planning
- **Consent**
  - Written consent
  - Verbal consent
  - Implied consent

## Module 3 Supporting and Promoting Wellbeing

- **The environment and person-centred care**
  - Environmental factors causing discomfort and distress
  - Minimising pain, discomfort or distress
  - Raising concerns
- **Identity and self-esteem**
- **Wellbeing**
  - Spiritual wellbeing
  - Emotional wellbeing
- **Your own attitudes and behaviours**
- **Recap**
- **Reflective case study**

Contents

### 2 Why should we care in a person-centred way? Module 1

Person-centred planning is used in social care and has four key rules:

- 2
- 3
- 4

**1 The belief that an individual can plan for themselves.**

The focus needs to be on their strengths and abilities.

For example, an individual who wants to make their own decision about which mobility aids they use to support them to walk short distances, rather than use their wheelchair.




Navigation icons: Home, Back, Forward

### Question 8 1 2 3 4 5 6 7 8 9 10

Who are the most important partners in any care relationship?

- The care employer and the individual
- The individual receiving care and the person giving care
- The individual and their family and friends



Navigation icons: Back, Forward



This course is suitable for

Health and social care personal.

Contents

## 1 Working as a team Module 2

Click the job roles to see some examples of how each can play an important part in person-centred care.

### Management

- Matron / Manager**
- Administrator / Office manager / Ward Clerk**

### Clinical

- Clinical lead nurse / Clinical therapist**
- Senior nurse / Nurse on duty**

### Support

- Senior support worker / Team leader / Senior health care assistant (HCA)**
- Support worker / Health care assistant / Therapy assistant**
- Activity facilitator**
- Cook / Catering assistant**
- Housekeeper**
- Laundry assistant**
- Maintenance person**

?
🏠
⬅️

Contents

## 6 Reflection case study Module 3

Click the **Read** arrow below to read the case study. Think about what you should do in this situation. Click the **Write** arrow and type your thoughts in the box.

Type your thoughts here.

Click the button to save your text.

**Read**

➔

**Write**

➔

**Save**

?
🏠

## Your score

You scored: **80%**

You need to score: **70%**

Congratulations you have passed the questionnaire.

Click the button below to review your answers.

**Review Your Answers**

# Key features

- Visually engaging and highly interactive
- Reflective scenario and case study
- Answer explanations for those who achieve the pass mark
- Additional resources to expand learning

# Purchase options

1. Available as a standalone course on the EduCare website.
2. Buy as part of one of our multi-course licences. For further information, please call 01926 436212 to discuss purchase options and licences.



# Why choose us?



“ I like the modular delivery of the courses and the fact that I can access management reports so that I know which people have undertaken the learning and exactly how they got on with it. It can also highlight any gaps in people’s knowledge that we can remedy if necessary. ”

Noeleen Brown, Nurse Teacher  
Portland Hospital for Women and Children

[www.educare.co.uk](http://www.educare.co.uk)  
 01926 436 211  
[online@educare.co.uk](mailto:online@educare.co.uk)

