

What is Person Centred Care for people living with dementia?

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Bradford Dementia Group



- Founded by Professor Tom Kitwood in 1992
- Division of the School of Health Studies
- Humanistic, psychosocial and person centred focus
- Provision of research, accredited education and short courses
- Dementia Care Mapping - DCM



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MAKING KNOWLEDGE WORK

Person **with** **DEMENTIA**

PERSON with Dementia

Person centred care & Personhood....

Person Centred Care is the process by which service providers maintain the Personhood of those who receive their services.....

“Personhood is a standing or status that is bestowed on one human being, by others, in the context of relationship and social being. It implies recognition, respect and trust.....” Kitwood, Dementia Reconsidered 1997

What's the confusion about person centred care?

- The term is often used but rarely defined
- Person-centred care is the politically correct term for any care which is considered good quality..... .
- Obscure definitions don't influence policy
- Translation and trans-cultural clarity

What is person-centred care?



- A value base
- Individualised assessment and care
- Takes the perspective of the person with dementia
- A supportive social psychology

$$\mathbf{PCC = V + I + P + S}$$

Where

V = *Values people*

I = *Treat people as Individuals*

P = *Perspective of service user*

S = *Supportive social psychology*

V = Valuing people with dementia and those who care for them



- **Absolute value of all human beings regardless of age or cognitive ability**
- **Fights Dementia – ism.**
- **Recognition of the power of Malignant Social Psychology**

Malignant Social Psychology happens to people with dementia and those who care for them....

- **Treachery**
- **Disempowerment**
- **Infantilization**
- **Intimidation**
- **Labelling**
- **Stigmatisation**
- **Outpacing**
- **Invalidation**
- **Banishment**
- **Objectification**
- **Ignoring**
- **Imposition**
- **Withholding**
- **Accusation**
- **Disruption**
- **Mockery**
- **Disparagement**

Indicators of Valuing in care organisations

- **Vision of person-centred care**
- **Staff delivering direct care feel valued**
- **Staff delivering direct care feel empowered to act in service users best interests**
- **Workforce skilled in person-centred care**
- **Supportive and inclusive physical environments**
- **Quality Improvement mechanisms driven by needs and concerns of service users**

I = Individualised care



- Recognition of uniqueness
- A bio-psycho-social model
- Individualised care is not necessarily person centred
- BUT Person centred care has to be individualised

Indicators of Individualised Care

- **Care planning across wide range of needs**
- **Care plans reviewed regularly**
- **Personal clothing and possessions**
- **Individualised preferences & routines**
- **Life histories and key stories of proud times**
- **Occupation & activities**

P = The perspective of the person



- **Phenomenological approach**
- **The experience of the person with dementia is the starting point**

Indicators of Perspective of service users

- **Communication with service users**
- **Empathy and risk**
- **Management of comfort in the physical environment**
- **Physical health needs**
- **“Challenging behaviour” as communication**
- **Advocacy**

S = Supportive social psychology



- Relationships are paramount
- Malignant Social Psychology eradicated
- Skilled interactions
- Positive Person Work in everyday situations

Indicators of Supportive Social Psychology

- Are people included in conversation?
- Are people treated respectfully?
- Is there a warm atmosphere?
- Are fears and distress taken seriously?
- Helping to do, or doing to?
- Is this place part of a community?

OVERVIEW

Element	Needs more work	OK	Good	Excellent
Valuing				
Individualised				
Perspective				
Supportive				

The whole definition

- **PCC = V+I+P+S**
- **Care fit for VIPS**
- **Very Important Person' S**

Brooker, D.(2007) *Person-centred dementia care: Making services better*. London: Jessica Kingsley Publications

Thank you for listening!

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