

03

Writing a care plan

Aims

To consider aspects included in a care plan.

To write a care plan for a patient.

Activity

- Think about all the things that are important to you.
- Draw a spider diagram detailing thoughts.

What should we include in person-centred care plans?

- values
- wishes
- favourite and least-liked food
- favourite and disliked drinks
- shower/bath preference
- preferred time of personal care
- order of personal care
- dessert choices
- activities
- social groups
- events/occasions
- religion
- family/friends
- fun
- TV



Now write
a care
plan for
your peer.



Who are the important people in the person's life?



What are the person's strengths (or gifts)?



What is important to the person now and in the future (their dreams)?



Care plans in practice

So how did you feel writing a care plan?

- confident
- not so confident

How could this be improved in practice?



Person-centred practice

How does person-centred care meet the holistic needs of individuals accessing health and social care services?

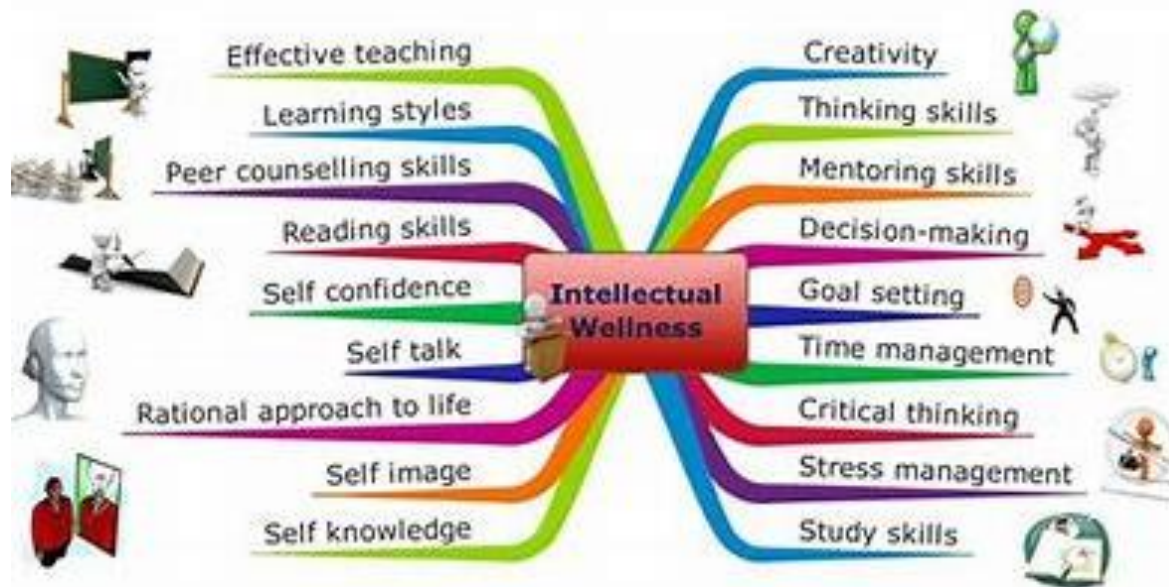
First, let's consider what holistic is:

- Holistic is a term that is used to describe all the needs that you might encounter as an individual. A holistic approach means to provide support that looks at the whole person, taking into consideration their physical, intellectual, emotional and social wellbeing.



Think back to your peer's care plan

- Did it include any support for physical health/wellbeing?
- If so, what?
- Why was this beneficial?



Think back to your peer's care plan

- Did it include any support for intellectual health/wellbeing?
- If so, what?
- Why was this beneficial?

Think back to your peer's care plan

- Did it include any support for emotional health/wellbeing?
- If so, what?
- Why was this beneficial?



Think back to your peer's care plan

- Did it include any support for social health/wellbeing?
- If so, what?
- Why was this beneficial?

How does person-centred planning (PCP) promote and uphold rights?

- Think back to your lesson on the Human Rights Act 1998.
- How does PCP promote and uphold human rights?



How does PCP promote and uphold human rights?



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