



CENTER FOR AGING AND
COMMUNITY LIVING

SUPPORTING CHOICE AND PREFERENCE: TOOLS FOR CAREGIVERS

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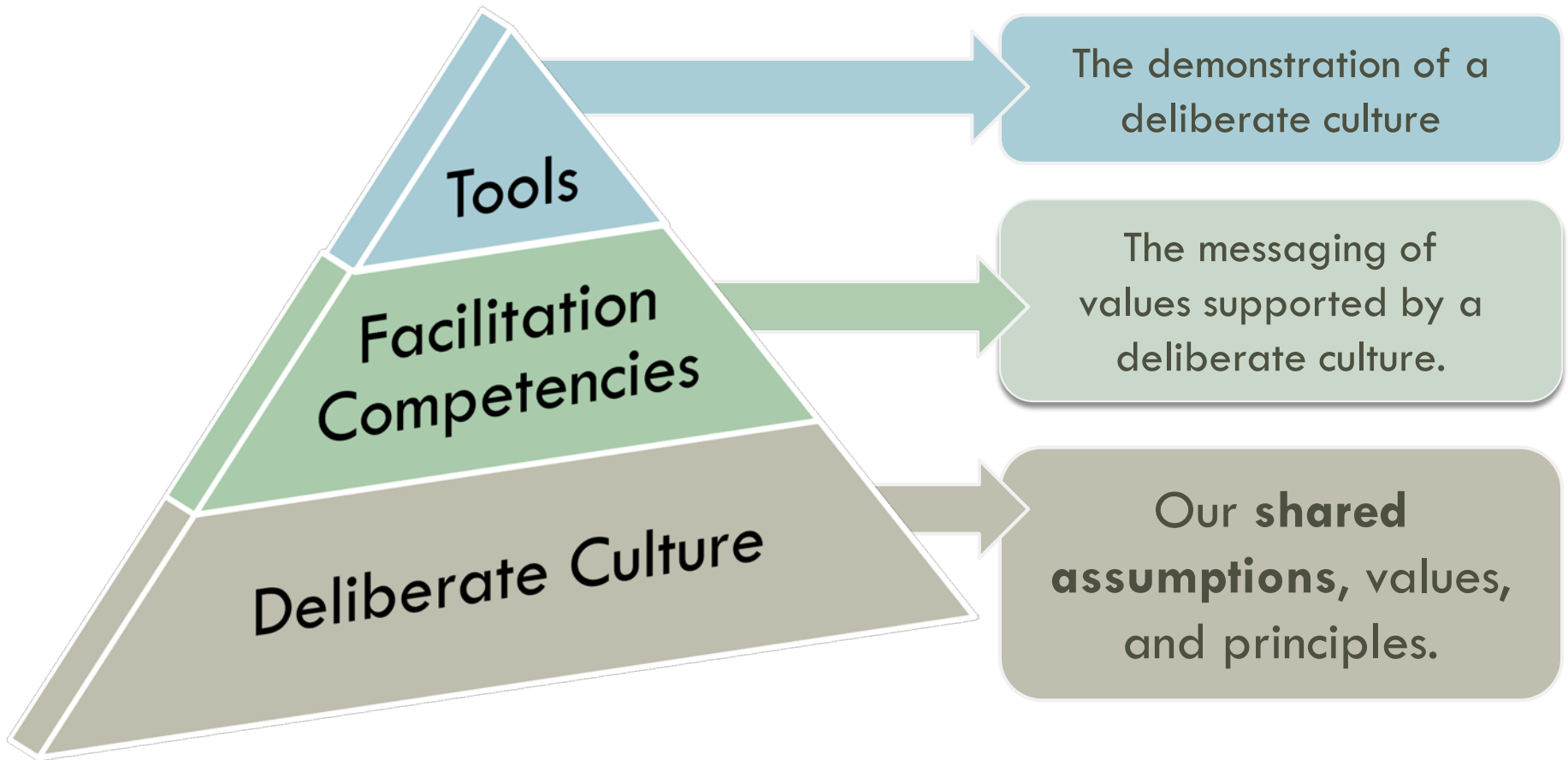
Culture

“It is in the psychological process that culture has its ultimate power. Culture as a set of basic assumptions defines for us what to pay attention to, what things mean, and what actions to take in various kinds of situations.”

- Schein (2004)

Culture: The foundation of Person-Centered Practices

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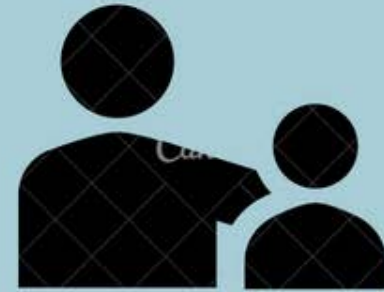


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One Day In-Person Training



Community Living Guide



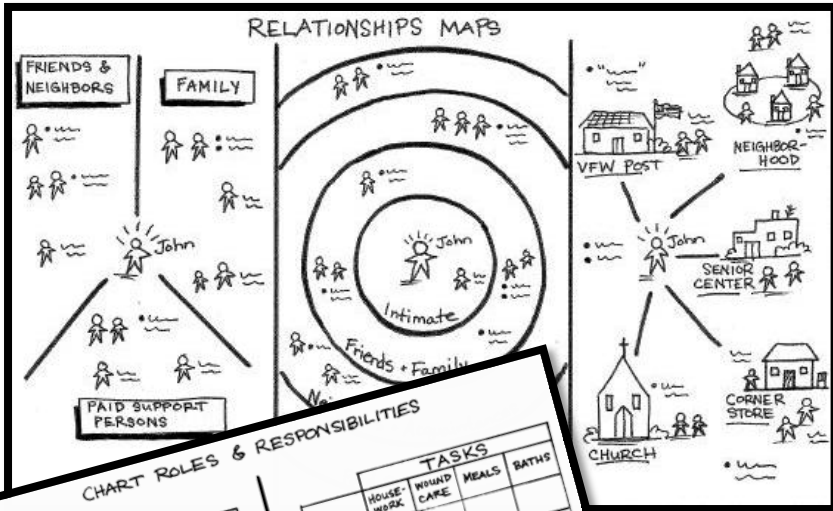


CHART ROLES & RESPONSIBILITIES

JOHN	FAMILY	NURSE	CASE MANAGER
• meals • errands • vacuuming • wavy	• errands • grooming • housework • wavy	• bathing • wound care • medication • wavy	• coordinate care • help w/ doctor appts. • wavy

TASKS

	HOUSE- WORK	WOUND CARE	MEALS	BATHS
JOHN	A	D	D	D
SALLY		C	S	
W...	S.C		A	

ROUTINES

	MON.	TUES.	WED.	THURS.	FRI.
AM ☀️	••• •••		••• ••• 👤		
AFTER- NOON		••• ••• •••			•••
PM ☾	••• * •••			* ••• 👤	

ACTIVITY	SUPPORTS	WHEN	WHO
••• •••	* •••	•••	•••
••• •••	* •••	•••	👤 •••
••• •••	* •••	•••	👤 •••
••• •••	* •••	•••	••• ••• 👤 👤

Asking for help can be difficult when you need to seek assistance. However, it is very important that those who provide you care honor your choices and preferences in your daily routines.

How important is it to you that an individual who helps you with personal care, such as dressing, bathing, and help getting to the bathroom, be of the same sex as you?

- Very Important
- Somewhat Important
- Not Important

How important is it to you to choose your own clothes to wear?

- Very Important
- Somewhat Important
- Not Important

Do you have a dietary preference (e.g., vegetarian, etc.)?

If so, what is it? _____

Daily Routines (cont'd)

What time of day do you like a bath/shower?

What time of night do you like to go to bed?

What time of day do you like to get up?

Do you like to take a nap? Yes No
If so, when? _____

What other comments would you like to make about your personal care?

Please remember, this is your Guide. So if something changes in your life, or you just change your mind, be sure to update your answers to keep it current.

Results / Lessons Learned

Person-Centered approaches need to be continuously refreshed and revisited.

Tools and structure helps professionals and caregivers to support Person-Centered approaches in a traditional medical model system

Participants feel an increase in effectiveness, purpose, and value when they are given tools and the opportunity to practice their use

Training across a broad range of service providers has helped to support a shared culture across the state of New Hampshire where individuals and their preferences are recognized as integral in providing high quality care

More work needs to be done to connect the individual's experience with the benefits of using tools to coordinate care

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