Person-Centered Care
A Tip Sheet for Providers
to foster care relationships based on trust, empathy, and Person-Centered Communication

**Determine**
- What matters to the person
- If existing treatment is meeting the person’s needs
- The person’s perception of their care experience

**Help**
- The person manage their care
- The person be an involved member of the team
- Communicate interest
- Maximize values and goals

**Ask**
- The person about their goals, values, and preferences
- Any challenges, fears, or worries
- Recent successes
- About strengths and abilities

**Support**
- A team based approach
- Family members, friends, and loved ones as part of the team
- Maximizing strengths