

# Person-Centred Care



Person-Centred Care is an attitude and approach, to the way we work with people, that has always been important to us. It is about treating everyone as we would wish to be treated ourselves – with dignity and respect and, as individuals.

We spend time learning about personal histories, likes and dislikes to help us really understand an individual's values, interests and what makes them feel good, so we can best support them.

Family and friends are key in helping us have a deeper understanding of the person, so we involve others in helping with the development and review of an individual's person-centred care plan.

Preferences and choices are important to our well-being. We have a great 'menu' of activities, events and therapies so everyone can choose meaningful activities that enrich their lives.

We place great importance on supporting self-care and everyday life activities. Helping people to gain, maintain or regain daily living skills is vital to ensuring life has meaning and purpose.

Involving people in everyday activities they enjoy is key to quality of life and well-being, from personal care to serving meals or baking to gardening. These everyday life activities are important to our well-being.

Pendine Park is a home, a family and a community. So don't be surprised when you see the people who live here involved in these everyday life activities - that's just part of our person-centred care approach. We encourage everyone who lives here to take as much ownership of their life decisions as they are willing or able to do.

