

The Scottish Government’s vision for independent living states: “Independent living means disabled people of all ages having the same freedom, choice, dignity and control as other citizens at home, at work, and in the community. It does not mean living by yourself, or fending for yourself. It means rights to practical assistance and support to participate in society and live an ordinary life.”

Self Directed Support (SDS) epitomises an, outcomes focussed approach to social care design and delivery. The foundation for this focus is a person centred approach, a focus on personal outcomes through meaningful conversations with individuals about what matters most to them. Personalisation is the principle of enabling people to be equal partners in the development and delivery of services to provide support that meets their self-identified outcomes.

People should be central to the development of a person centred health and social care system, and choice and control are fundamental to people directing their own support.

“ Personalisation should lead to services which are person centred (both around individuals and communities), which can change when required, are planned, commissioned and sometimes delivered in a joined up way between organisations. ”

The implementation of personalised services, stretches across all types of support, whether that is services provided by local authorities or self managed support packages, and everything in between. Therefore the foundation of support delivery is based on the principles of personalisation, through ensuring people are enabled to attain the lifestyle they wish. A more personalised approach to supporting people can genuinely help to improve individuals’ autonomy and self-determination, as well as the quality of their lives.

<https://www.alliance-scotland.org.uk/wp-content/uploads/2018/08/ALLIANCE-Piecing-Together-Person-Centred-Support.pdf>

## **What is a Person-Centred Approach?**

A Person-centred approach puts the individual at the heart of care planning. It involves listening, respecting and responding to the choices and decisions of the person you support. Each person is unique, and has different aspirations, using a person-centred approach helps to ensure that the individual's preferences are the ones that guide how they receive their care and to support their dignity and independence.

## **Why is it important to involve individuals in their Care Planning?**

- Empowering – to support informed choices and decisions, ensuring they align with their wishes
- Discuss their goals – ask what they want to achieve
- Respect their decisions - allow and support them to make informed choices
- Review regularly – update care plans to reflect their needs and their aspirations

## **How to involve individuals in their Care Planning?**

- Encouraging independence – inspires trust in their capabilities
- Personalise communication – using their preferred method of contact which further supports effective communication and helps to build trust
- Listen carefully – show you are paying attention to them and hearing them share their goals, aspirations and needs
- Recognised individual choice
- Respect personal preferences – every person has unique preferences based on their experiences, beliefs and culture
- Take time – listen, to help you to understand an individual's preferences/choices and learn about likes/dislikes and also things to avoid
- Encourage choice making – to help empower and build up a sense of control,
- Move at the pace required – the individual will set the pace and you will help to support their journey

## **Care should evolve to meet changing needs – Flexible Care**

- Modify schedules – be prepared to adjust where practically possible
- Offer options – provide alternatives to existing services, therapies, services, and let the individual choose
- Manage the environment – accessible environments help to reduce stress and foster an independent attitude
- Engagement and satisfaction can be promoted when an individual benefits from a flexible approach to their care planning
- Collaborate – with family and other services to create a supportive network
- Respect boundaries around privacy & confidentiality

- Build community connections – they can enrich lives and provide a sense of inclusion, involvement and belonging
- Identify – suitable enjoyable local community activities, research transportation solutions

### **Balancing Support and Independence**

- Assessment of needs regularly – review level of independence and adjust support accordingly
- Encourage decision making – let them make the choices about their care
- Be available – but step back to allow and encourage greater independence as and when appropriate
- Balancing support – will help ensure individuals lead full-filling, self-determined lives

Using a person-centred approach with individuals who have physical disabilities can elevate their quality of life. Because the focus is on respecting their choices, supporting their independence and tailoring their care to meet their unique needs, its a welcomed care approach.

By involving individuals in their care planning and supporting their individuality you demonstrate :-

- ✓ respect for personal preferences,
- ✓ encourage greater independence
- ✓ maintaining open preferred communication methods

And you Help the individual to be able to feel;

- ✓ Empowered,
- ✓ Confident
- ✓ Content
- ✓ Encourages independence
- ✓ Fosters greater trust

<https://carelearning.org.uk/qualifications/level-1-award-hsc/intro-op-16/2-2-give-examples-of-how-to-use-a-person-centred-approach-when-working-with-individuals-with-a-physical-disability/>