



Support Development Associates

Using Person Centered Practices in Aging and Long Term Care Services

SDA provides onsite and web-based training and consultation services to support the implementation and on-going use of person-centred tools and practices in organizations that are dedicated to serving seniors and others needing long term supports.

Consultation and training includes (but is not limited to):

- *Person Centered Thinking Training*
- *Developing internal person centered thinking coaches and trainers*
- *Using person centered practices to support individuals with dementia or other diagnoses that may result in behavior seen as challenging*
- *Using person centered practices to support people and their families through critical, non-curable and/or life ending illnesses*

Organizations that may benefit from consultation and training include:

- *Adult 'day care' settings*
- *Area Agencies on Aging*
- *Aging and Disability Resource Centers (ADRCs)*
- *Adult Care Facilities*
 - *Small adult care homes*
 - *Assisted Living*
 - *Skilled Nursing Facilities*
- *Specialized Care Facilities (such as facilities specifically serving people with Alzheimer's and other dementias)*
- *Home Health Care agencies*

A few examples of how organizations serving seniors improve by using person centered practices:

- *A home health care organization uses a working/not working process and a matching profile to work with families around the right caregiver and the best support for their family member.*

- *A specialized assisted living facility uses the tool of identifying rituals to better understand why one of the ladies they support will not leave her room for breakfast in the morning and what staff may do to support her and make sure she eats.*
- *An adult day center uses information from a working/not working process and sorts through Important To and Important For to help a person previously seen as withdrawn and “uncooperative” become their lead gardener, plus helping to teach other participants how to grow a vegetable garden.*
- *A long term care facility uses the discovery tools as part of their intake assessment process to determine how to best support those interested in their service; and also uses the “4+1” tool as a routine part of regular staff meetings to better problem solve.*