

# 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