

CENTER FOR DEMENTIA RESPITE INNOVATION

Key Takeaways from “Getting Grounded in Person-Centered Care” 2026-27 Keys to Sustainability Webinar #1

The Alzheimer’s Association [Dementia Care Practice Recommendations](#) (DCPR)

- Contains 56 best practice recommendations by 27 experts.
- Can be used in different care settings, including long-term, in-home, and community-based services.
- **Person-centered care** is the core of the DCPR with nine other topic areas included.

[Person-Centered Care Best Practices](#)

- Get to know the person living with dementia.
 - Gather information about the person (past & present).
 - Include multiple people and roles to gather information.
 - Use this knowledge to guide care planning and reassessment.
 - Establish a process to share knowledge of the person with all staff.
- Use person-centered language.
 - The words we use shape how we think and how we provide care.
 - Focus on the individual and their experiences rather than their diagnosis. Examples include:
 - Say someone living with dementia not someone suffering with dementia.
 - Say someone lost their way, not a wanderer.
 - Describe the exact behavior. For example, say the person paces and looks upset and restless, not a problem behavior.
- Focus on individual strengths.
 - Focus on what the individual can still do, not what they can’t do.
- Reframe to support what is possible.
 - Try to find new ways to connect with the person and their family, instead of focusing on the negative.
- Explore meaningful connections—what matters the most to the individual.
- Provide “just enough” support.
 - Too much support can stop a person from doing things they are still able to do.
 - Too little support can be frustrating and may keep the person from doing as much as they can on their own.
 - Find out what is “just enough” for the individuals you’re working alongside.
- Always evolve and adapt.



[A Guide to Quality Care from the Perspective of People Living with Dementia](#) was published along with the DCPR. This guide looks at quality care through the eyes of people living with dementia. It covers five main ideas:

- Getting to know the person.
- Help them stay as independent as possible.
- Show patience and compassion.
- Train staff on the most current disease information and practice strategies.
- Create a safe and supportive environment that reflects who the person is.