

# CENTER FOR DEMENTIA RESPITE INNOVATION

## Key Takeaways from “Getting Grounded in Person-Centered Care” 2024-25 Keys to Sustainability Webinar #1

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

- Contains 56 best practice recommendations by 27 experts
- Applicable to various care settings such as long-term and 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

- 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 influence care planning and reassessment
  - Share this information with all staff
- Use person-centered language
  - How we speak and describe things impacts care
  - Focus on the individual and their experiences rather than their diagnosis
    - Someone living with dementia vs. someone suffering with dementia
    - Losing one’s way or getting lost vs. a wanderer
    - Dementia-related behavior, or be specific i.e. the individual paces and appears upset, and restless vs. a problem behavior
- Focus on individual strengths
  - Focus on what the individual can do, not what they can’t do
- Reframe to support what is possible
  - Reframe to be less negative and open new ways to engage with individuals and families
- Explore meaningful connections—what’s meaningful to the individual
- Provide “just enough” support
  - Too much support can be detrimental by not allowing individuals to do as much as they can
  - Too little can be frustrating and not allow individuals to again, do as much as they can
  - 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 in conjunction with the DCPR that examines quality care through the eyes of people living with dementia. Important aspects included:

- Getting to know the person
- Maximizing independence
- Giving patience and compassion
- Training staff on the most current disease information and practice strategies
- Creating a safe and supportive environment that reflects the person