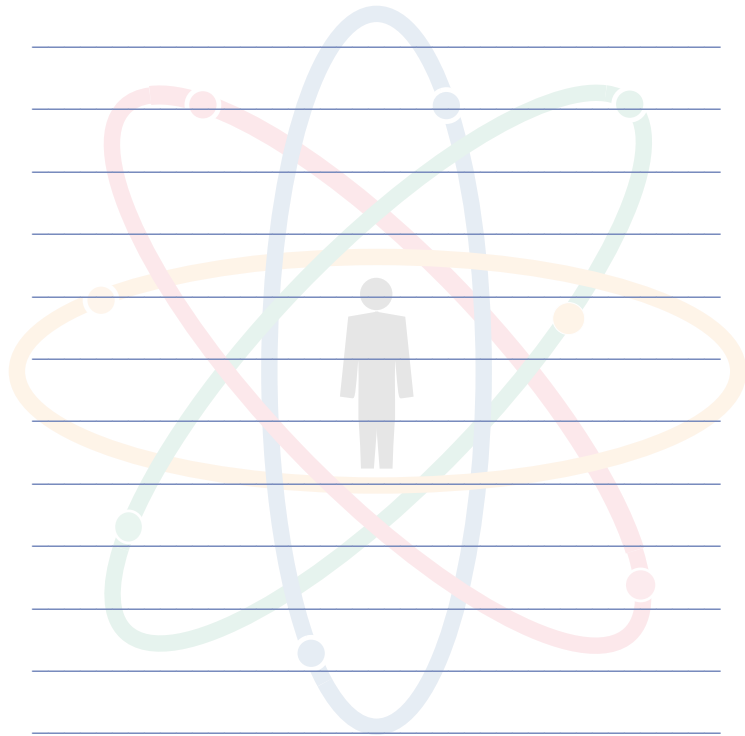


Additional Notes:

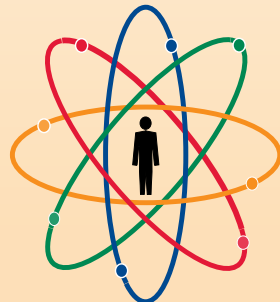


Your care plan tool

While staying in a nursing home, your caregivers will work with you to develop a written plan that details the care you need and want. This brochure can be used to help bring your voice to the care plan meeting. Caregivers have the jobs that they do because they CARE about people! They want to hear from you!

Your care plan is:

- Specific to you;
- Supports your well-being and rights;
- Written in a manner you can understand; and
- Updated as your goals, needs and preferences change.



**Ohio
Person-Centered
Care Coalition**

"The mission of the Ohio Person-Centered Care Coalition is to influence and support transformational culture change in the long-term care environments where all individuals can experience meaning and purpose."

**YOU
are the center
of your care!**



YOU are the center of your care!

You are in control!

While staying at a nursing home, it should feel like home to you, regardless of whether your needs require a short or long stay. Your nursing home will work with you and your loved ones (if you wish) to design care that supports you, builds on your strengths, promotes quality of life, and honors your preferences, choices, abilities and culture. Person-centered care means that your voice is listened to and respected. You have the right to choice, dignity, independence, respect and a purposeful life.

You are the decision-maker of your life.

Below are statements to help you create a conversation with your caregivers about you as an individual. Please consider filling out the blank spaces. With this information, your caregivers can design your person-centered care plan. You have the power to speak! Good caregivers want to hear from you. During your stay, your caregivers will discuss your care with you at regular meetings.

I prefer to be called (i.e. Mrs. Smith or Alice?)

People who are important to me are:

I practice _____ faith, and while I am living here, I would like to continue practicing by:

My normal dressing routine is (i.e. I wear my robe for breakfast and then dress for the day):

I would like to personalize my room by doing the following (i.e. bringing furniture from home, hanging pictures):

My biggest concerns about living here are:

The other things I want my caregivers to know are:

You set your daily routine!

You don't lose control when you move into a nursing home. As you always have, you decide how your day flows. You wake up at the time you want to get up and go to bed when you are ready. It is your choice whether you receive a bath or a shower, and you will decide when and how often either will happen. The nursing home will give you food choices that you enjoy, in a setting and at a time that you prefer. Your caregivers should know all of these preferences and be familiar with you. If the offered activities aren't of interest to you, let your caregivers know of an activity that you would enjoy.

Fill out these statements and talk to your caregivers.

I like to get out of bed at this time _____

and go to bed at this time _____

If I nap, I prefer to take one at this time _____

I prefer showers or tub baths _____

I prefer to bathe at the following time _____

I prefer to bathe this often (i.e. every day, every other day) _____

I enjoy eating these types of food:

I want my caregivers to know this about my dining experiences: (such as, I like breakfast in my room, coffee upon waking, dinner at 6 p.m., glass of wine at dinner):

Snacks and beverages I like: _____

To occupy my time, I enjoy (i.e. specific hobbies, activities, events):
