

# Component 3 – Health and Wellbeing

## Learning Aim C: Person-centred health and wellbeing improvement plans

### THE IMPORTANCE OF PERSON-CENTRED APPROACH

#### PERSON CENTRED APPROACH

Developed by Psychologist, Carl Rogers. He believed that service users should be trusted with making decisions about their own care.

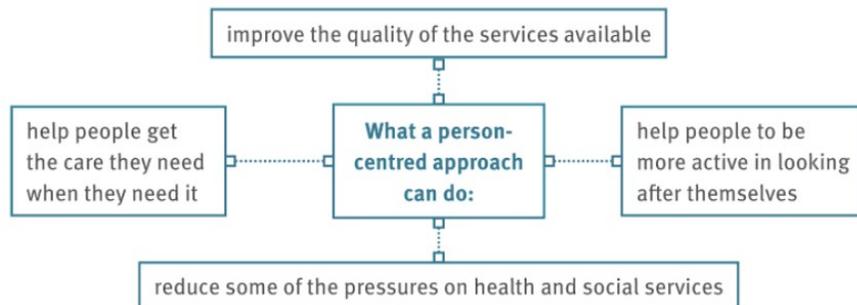
The 2009 document, *NHS constitution in England* states:

- NHS services must reflect the needs and preferences of patients, their families and carers.
- Patients will be involved in and consulted on all decisions about their care and treatment.

#### A PERSON CENTRED APPROACH MEANS:

- The service user is at the centre of the care.
- The service user is included in any planning and decision making.
- Service providers work collaboratively with service users.
- Service providers require empathy and a willingness to see things from the service user's perspective.
- Service users are more likely to stick to their treatment plan.

#### Benefits of a person-centred approach:



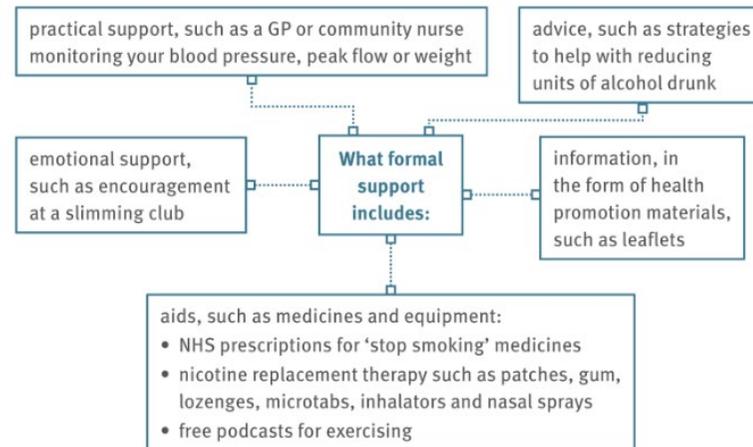
#### THE HEALTH FOUNDATION

The Health Foundation is an independent charity that works to improve the quality of health care in the UK. It does this by carrying out research, analysis of policies and funding improvement programmes to put ideas into practice within the NHS.

### SOURCES OF SUPPORT

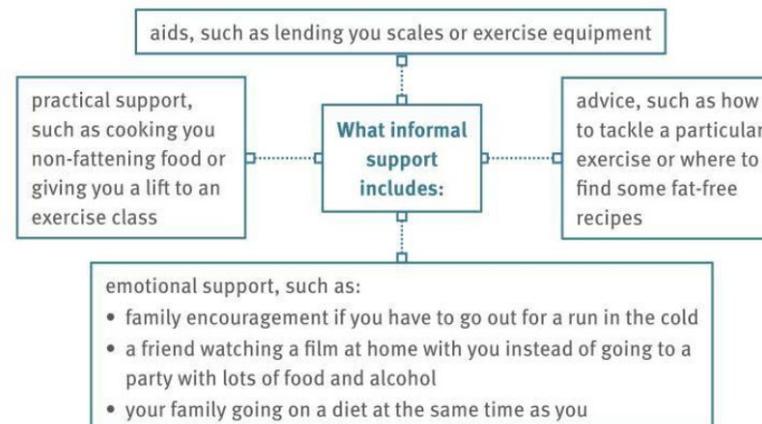
#### FORMAL SUPPORT

Formal support is provided by health and social care professionals, these are individuals that are trained and paid to give support.



#### INFORMAL SUPPORT

Informal support is often provided by families and friends. They are not paid or trained.



#### VOLUNTARY SUPPORT:

Voluntary organisations often run events which help individuals meet targets e.g. weight loss or improved activity levels. Some voluntary organisations will raise money for charities:

- Cancer research UK – provide a good opportunity for exercising and a feel-good factor.
- Walking for health – this organisation improves activity rates and wellbeing through walking.

There are also many self-help groups where people can discuss aspects of weight loss and emotions, as well as take part in exercise.

