

Person-Centered Care

“Care that is based on the person’s and/or family’s self-identified hopes, aspirations, and goals, which build on the person’s and/or family’s own assets, interests, and strengths, and which is carried out collaboratively with a broadly defined recovery management team that includes formal care providers as well as others who support the person’s or family’s own recovery efforts and processes, such as employers, landlords, teachers, and neighbors.”

Source: *Glossary of Recovery Terms*: Retrieved 2015, May 18 from <http://media.samhsa.gov/recoverytopractice/glossaryofterms.aspx>

“Person-Centered Care describes the effort to ensure that mental health care is centered on the needs and desires of the consumer. It means that consumers set their own recovery goals and have choices in the services they receive, and they can select their own recovery support team. For mental health providers person-centered care means assisting consumers in achieving goals that are personally meaningful.”

Source: *Shared Decision-Making in Mental Health Care: Practice, Research, and Future Directions*. HHS Publication No. SMA-09-4371. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, 2010, Page 5. Retrieved 2015, May 27 from <http://store.samhsa.gov/shin/content/SMA09-4371/SMA09-4371.pdf>

Person-Centered Care Guiding Principles/Core Competencies

- Transparency, individualization, recognition, respect, dignity, and choice related to one’s person, circumstances, and relationships.
- Support the decision-making abilities and preferences of all individuals for treatment and recovery.
- Involve persons served in the design, administration, and delivery of treatment and recovery services.
- Respond to every individual in the context of the strengths, hopes, culture, and spirituality.
- Interventions tailored to unique preferences, strengths, vulnerabilities, and dignity of each person.

Source: Adams, N., & Grieder, D. (2014). *Treatment Planning for Person Centered Care: Shared Decision Making for the Whole Health* (2nd Ed.) Elsevier. Berwick D., What “patient-centered” should mean: confessions of an extremist. *Health Aff.* 2009; 28(04): w555-w565.