

## Person-Centered Care: A Definition and Essential Elements

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**Eligible for LMS Credit:  Yes**

### The American Geriatrics Society Expert Panel on Person-Centered Care

Journal of the American Geriatrics Society, 2015 -  
<http://onlinelibrary.wiley.com/doi/10.1111/jgs.13866/pdf>

#### 2015 JAGS Article Summary

*Despite a sizable and rapidly growing body of literature on person-centered care and the frequent inclusion of this term in health policy and research, there is no standard, agreed-upon definition.*

*An expert panel consisting of 14 participants from around the country with expertise in person-centered care principles representing the fields of gerontology, geriatric medicine and oncology, gerontological social work and nursing, health policy and finance, law, long-term care delivery, and public health has outlined the definition and essential elements of person-centered care.*

The expert panel was comprised of professionals from University of Southern California Keck School of Medicine and from the American Geriatrics Society.

*The panel's work is intended for use by healthcare providers, administrators, researchers, regulators, policy-makers, and consumer advocates.*

#### Person-Centered Care Definition

*"Person-centered care" means that individuals' values and preferences are elicited and, once expressed, guide all aspects of their health care, supporting their realistic health and life goals. Person-centered care is achieved through a dynamic relationship among individuals, others who are important to them, and all relevant providers. This collaboration informs decision-making to the extent that the individual desires.*

#### Elements Essential to Realizing This Definition

- An individualized, goal-oriented care plan based on the person's preferences
- Ongoing review of the person's goals and care plan
- Care supported by an interprofessional team in which the person is an integral team member
- One primary or lead point of contact on the healthcare team
- Active coordination among all healthcare and supportive service providers
- Continual information sharing and integrated communication
- Education and training for providers and, when appropriate, the person and those important to the person
- Performance measurement and quality improvement using feedback from the person and caregivers

December 03, 2015 - Panel issues definition of 'person-centered care'

<http://www.mcknights.com/panel-issues-definition-of-person-centered-care/printarticle/457692/>

**PC P.E.A.R.L.S.™ 7 key elements of person-centered care of people with dementia in long-term care homes - Alzheimer Society – Canada**

[http://www.alzheimer.ca/~media/Files/national/Culture-change/PCPEARLS\\_full\\_e.pdf](http://www.alzheimer.ca/~media/Files/national/Culture-change/PCPEARLS_full_e.pdf)

Person-centered care puts the person, their experiences, well-being, needs and feelings at the centre of the caring process. Most of all person-centered care is about seeing the person first and diagnoses second. It is about ensuring that the care provided is always focused on the person and not only on their diagnoses. Seven key elements for delivering person-centered care stand out in research. These are outlined as follows and entitled **PC P.E.A.R.L.S.™**

1. Person & family engagement
2. Care planning
3. Processes
4. Environment
5. Activity & recreation
6. Leadership
7. Staffing