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## Introduction

At this essay today I will be focused on theoretical concepts and theories which underpin current practice within health or social care.

The essay will be based on services that are providing person-centred care for people who suffers from dementia.

First part will be focus more on what exactly person-centred care mean , where it comes from and the concept that it have.

Secondly I will introdust you to the theoretical part of the subject.

Third will be the ethical underpinning. Fourth will be the main benefits of this to have person-centred care. The last tho, but not the less important are application of person-centred care in to practice ( here I will give an example of services that is provided for people with dementia). The following will be the recommendation of how this person-centred care can be improved.

## What is person-centred care?

Person- centred care include knowledge of all person needs. I can include here family and friends. This helps the needs for this person to be done, an to have plan for their own care. On another hand is a task-focused approach. **'Where Maslow's hierarchy of needs is used to prioritise physical tasks over social care.'** (Moodle, 2022)

## Where does is come from?

The background of person-centred care are in humanistic psychotherapy. In 1951 Carl Rogers indicate that we need to begin view of ourselves when we where children, on our integration to the world. If from a childhood we are loved, respected and shown that we are valued. The feeling that we have is the worthy of love. Roger calling this unconditional positive regards.

In person-centred therapy, a trust that your therapies will build with the clients that he is working with, requires to be genuine as possible. This is the speciality of this to be therapist, to be able to compassionate with every one who need help.(The service users have to be understand from their view of how the world look.) And be able to value them without judging. This process is called self-actualisation. It is integrating new **Feelings** in costumer users. Feelings focusing on life benign not just the goal, being valuing the relationships with other people. (Moodle, 2022)

### **Person-centred care Approach**

The person-centred care approach is where the person is put at the centre of crevices that it need and treated as a person at first position. It is mainly focused what what the person can still do not what disabilities is having. The help that is offering should be focus on the person desire to be adapt to the unique circumstances.

The approach:

- support the person to take decision of they life
- takes into account each person's life experience
- flexible services and support

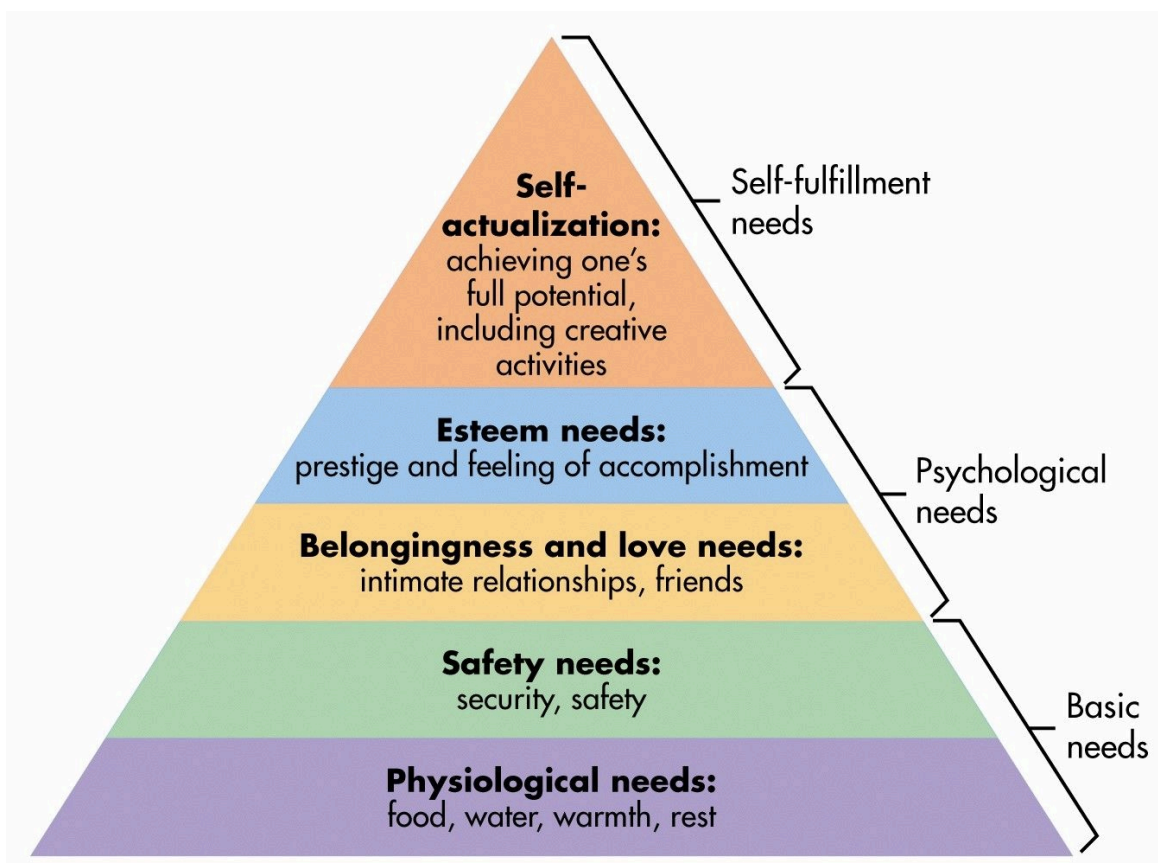
- focus on what they can do first, and any help they need second
- person's support networks ( NSW Government, 2020)

### Concept of person-centred care

The concept of person-centred care was defined as cultural, relational and recovery-oriented. It is here to improve the care and call for the patient transformation in psychiatry. The concept is very nearly to the concepts of recovery and interpersonal nursing. The result is depends of all related concepts described in terms. ( Savenstedt, Zingmark , 2014)

The concept of person-centred care giving special instruction to mental health and is connected to the recovery to the person. Person-centred care is particularly connected to the decision-making and self-directed care. (Smith, Williams, 2016, pp. 292-297)

### Theoretical underpinning of person-centred care



At 1954 Maslow named one of his books with the name Motivation and Personality. He believes that this five score are need for the human behavioural motivation. Maslow hierarchy its theory that are focused on the motivation and the human behaviour. Those needs are physiological needs, safety needs, love and belonging needs, esteem needs, and self-actualization needs.

The five steps of the Maslow pyramid:

- **Physiological needs**

At the first lower position Maslow decide to be the physiological needs. For him this is the most basic needs of the human race. Such as, water and food, sufficient rest, clothing and shelter, overall health, and reproduction. This is the needs before the human move to the next level.

- **Safety needs**

At this next level position is the safe. Safety needs are the protection that we all need. Life without violence ,emotional stability and well-being, health security, and financial security.

- **Love and belonging needs**

At this last lower third position Maslow choose to have the love as belonging needs. This is the relationships that we all need. This include friendships and biological family (parents, siblings, children) and chosen family (spouses and partners). The sexual life to the intimate emotions are leading to the kingship in us.

- **Esteem needs**

Esteem need is one of the top positions that Maslow put in his pyramid. The primary parts of esteem are the self-respect. To believe that you are important, deserving of dignity and self-esteem. Maslow put the self-esteem into two different parts the first one is the respect and acknowledgment from others, and the second esteem which is based on your own self-assessment.

- **Self-actualization needs**

The top fifth one is the self-actualization need. This is the one that describes the full potential that we have as a human. Self-actualization needs are including the education, skills such as music, athletics, design, cooking, and gardening, caring for others goals like learning a new language, traveling to new places, and winning medals. (MasterClass, 2020)

### **Ethical underpinning of person-centred care**

Nurses working around all community and primary care, face many number of ethical issues every day. The ethical reasoning can be separated into two different approaches.

- **Normative ethics**

This one is based on all rights that humans have.

- **Teleological ethics**

This is all responsibilities that the humans are using in their actions.

The nurses should manage their patients, also to complete protocols applied to care. Also in a person-centred and ethical way.

This article explains the two main approaches to ethical reasoning. (Primary Health Care, 2020)

"Before identifying their limits and proposing some person-centred principles of care negotiation that will enable nurses to provide care that is principled and practical." (Primary Health Care, 2020)

During my research I found a short article about the ethical principals. At this article is saying that the person-centred care is on one the part that is driven from the ethical principals.

Everything that include cultural traditions, personal preferences, values, family situations, and lifestyles. However, one very important part is that the patients are having own rights to chose for their self such us refusing a life saving treatment.. Of course if still have mental capacity. (Sine, Sharpe, 2011)

### **Main benefits and limitation of person-centred care**

I will start with the positive of this to have person-centred care available for us. PCC are looking for what the people need. Instead of just put he human feelings a side. PCC are putting the career exactly in the middle of the centre of the treatment package. PCC is also more compressive of the needs that they need. And Im not taking only about the physical and mental needs. Im talking about their environment, lifestyle and even values.

### **Benefits of PCC**

- Flexibility
- Responsibility
- Satisfaction
- Appropriateness
- Independence

- Happiness (Duncan, 2016)

### **Disadvantages of PCC**

- Increased personal and financial costs
- Exclusion of certain groups
- Exclusion of staff's personhood
- Risk for compassion fatigue
- Unfairness due to empathy
- Potential paradoxes (Meranius, Holmstrom, Rasoal, Scojeval, Moniri, 2020)

### **Application of person-centred care in to practice**

The best practice of helping people who have dementia. It is not only helping the patient is also helping the family, friends and their careers. The principles of person-centred care are good practice in dementia care.

1. the human value of people living with dementia
2. the individuality of people living with dementia
3. the importance of the person's perspective
4. the importance of relationships and interactions with others to the person living with dementia (NICE,2018)

The number of the people who are having dementia are 46 million of people all over the world. The scientist are expecting this number to grow during the years.

Person-centred care' challenges the social positioning of people with dementia and the care that they receive. (Scales, Bailey, Middleton, Schneider, 2016, pp.227-243)

### **Recommendation for improving person-centred care**

The person centred care is one of the most important parts of the life of person with dementia live. The research is showing that the symptoms of depression of this people are going faster down, but the most important is that is improving the life of this people.

( Kim, Park, 2017 pp.381–397)

However, I am one of this many people that are working with people who are having this bad disease dementia. From what my research is trying to say is that the main part of person-centred care is one very important part of human race. As we know the person centred care is not helping only people with dementia, they are everywhere where the help can be provided.

My recommendation is that the governments should look how hard is to work with vulnerable people and make difference to the people who are caring for this old and ill people.

## **Conclusion**

To conclude all the information that I found for person-centred care. It is a big area of support , support that the people need. However, I decide to give my own opinion at the end for my conclusion. If Im professional and have to deal with people specially with dementia I will use definitely Maslow as the way he is expressing him self is close to my understanding. After all the research that I had to face for this specific topic now I can finally say and understand the important of the services that person-centred care provide.

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