



## Tip #2

# My Life! My Choice!!

As we take a “selfie” and examine ourselves, we see the things that are important and unique to us. We have a favorite color, a hairstyle we prefer, and favorite foods we love to eat. We make many choices each day that make us satisfied or happy.

Advancing Excellence has developed the Person Centered Care tracking tool, to take a deeper look into the preferences and choices of our residents. This tool takes the MDS 3.0, Section F, “Customary Routines and Preferences,” and goes a step further. For example, we now not only ask Mrs. Jones if it is important to her to choose her own bedtime, but we find out if she has been satisfied with choosing her own bedtime here at our home over the past several weeks. This gives us the opportunity to make sure we are honoring the choices and preferences that our residents have identified.

### Action items:

- Download the Person Centered Care Tracking Tool at <https://www.nhqualitycampaign.org/goaldetail.aspx?g=pcc#tab2>
- Do a practice run of the tracking tool by using staff members on your team as “test residents”. Enter their answers for both preferences and satisfaction using the Preference Congruence Interview form located at: <https://www.nhqualitycampaign.org/goalDetail.aspx?g=PCC#tab4>
- Discuss with your team how you might be able to begin implementing the use of the tracking tool starting with a small group of residents in your community.

### For more information and training:

- To find out more about the Advancing Excellence Person Centered Care Goal go to: <https://www.nhqualitycampaign.org/goalDetail.aspx?g=PCC#>
- For information on how to conduct a Learning Circle go to: <http://actionpact.com/assets/cache/learning-circle.pdf>
- For more information and education on Person-Centered Care in Missouri go to the MC5 website at: <http://www.momc5.com/>
- For more information about Person Centered Care and training across the country go to the Pioneer Network website at: <http://www.pioneernetwork.net/>

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