



MAKING OREGON
VITAL FOR ELDERS



Let's Get Real:

Being Person-Centered in a Task Oriented World

WHEN PROVIDING CARE AND SUPPORT

REMEMBER TRACK!

T

Tune-in

Tuning-in means being calm and centered in the present moment, aware of what's taking place around you.

R

Relate

Consider what you might have in common that might give you a way to relate to each other.

A

Assist
autonomy

Provide assistance in a way that supports a person's independence.

C

Collaborate

Collaborate with your team and with the person to whom you are providing care.

K

Know the
person

Every person has a unique life story, experiences, personality and patterns and rhythms of daily living.

Free online education modules at ORCultureChange.org