

ICOPE

INTEGRATED CARE FOR OLDER PEOPLE

Personalized care plan



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Learning objectives

By the end of this module, you will be able to:

- Define the principles of a personalized care plan
- Describe the steps for developing a personalized care plan
- Explain how to undertake person-centred goal setting



Principles of a personalized care plan

Person-centred, holistic approach to tailor care through a collaborative action of health and care workers.

A multidisciplinary team may improve the assessment and management of the older person's needs, allowing the design of a care plan more responsive to their priorities.

The care plan should consider all domains of intrinsic capacity for which impairments have been identified. Interventions are designed using a shared decision-making process involving the older person, the family and carers (as appropriate).

Follow-up and monitoring are critical to ensure the achievement of goals.

Steps to develop a personalized care plan

1 Define and set the person-centred goal(s)

- Discuss with the older person their objectives, goals and expectations.
- Adopt a multidisciplinary approach.
- Include everyone involved in the older person's care.
- Define a list of potential interventions to be considered in the care plan.
- Be sure to present the predictable burden of interventions.

How to set person-centred goals



Identify goals

Identify goals with the older person, their family members and carers.

EXAMPLE QUESTION 1

Please explain the things that matter to you most in all parts of your life.

EXAMPLE QUESTION 2

What are some specific goals that you have in your life?

EXAMPLE QUESTION 3

What are some specific goals that you have for your health?

EXAMPLE QUESTION 4

Based on the list of both life and health goals we just discussed, can you pick three that you would like to focus on in the next three to 12 months?



Set goals

Adapted to older people's needs and their own definition of problems.

EXAMPLE QUESTION 5

What specifically about goals one, two, or three would you like to work on in the short and long term?

EXAMPLE QUESTION 6

What are you currently doing about these goals?

EXAMPLES QUESTION 7

What would be an ideal yet possible target for you in achieving these goals?



Prioritize goals

Agreement on prioritized goals of care will demonstrate improved outcomes.

EXAMPLE QUESTION 8

Of these goals, which one are you most willing to work on in the short and long term – either by yourself or with support from a health worker or care coordinator?

Steps to develop a personalized care plan

1 Define and set the person-centred goal(s)

2 Develop an integrated personalized care plan

- Review findings and discuss opportunities to improve intrinsic capacity, functional ability, health and well-being.
- Agree and prioritize interventions.
- Finalize and share the care plan.

Steps to develop a personalized care plan

1 Define and set the person-centred goal(s)

2 Develop an integrated personalized care plan

3 Implement and monitor the personalized care plan

- Monitor progress, detect emerging difficulties and apply eventual adaptations.
- Ensure the care plan is successfully implemented.
- Plan reassessment and re-evaluation over time to document changes.
- Update the plan regularly according to documented changes and evolving priorities.

Summary



- A personalized care plan for older people requires collaboration from a multidisciplinary team.
- The interventions should align with the individual's priorities and include monitoring and follow-up.
- Steps to develop a personalized care plan:
 1. Define and set the person-centred goal(s)
 2. Develop an integrated personalized care plan:
 - Review findings and discuss opportunities
 - Agree on interventions
 - Finalize and share the plan
 3. Implement and monitor the personalized care plan.