



IC O P E  
INTEGRATED CARE FOR OLDER PEOPLE

# PERSONALISED CARE PLAN



## Learning Objectives

By the end of this module, you will:

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



# Principles of a Personalised Care Plan

Person-centred, holistic approach to tailor care through a collaborative action of health and care workers and the active involvement of the older person, his/her family and caregivers

A multidisciplinary teams may improve the assessment and management of the older person's needs, allowing the design of a care plan more responsive to his/her priorities

Interventions are designed using a shared decision-making process involving the older person, the family and caregivers.

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



# Recommendations for Action

## 1

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

- Discuss with the older person his/her objectives, goals, and expectations
- 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 caregivers

### 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.

### QUESTION 5

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

### QUESTION 6

*What are you currently doing about these goals?*

### QUESTION 7

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



## Prioritise Goals

Agreement on prioritised goals of care will demonstrate improved outcomes.

### 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?*

# Recommendations for Action

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

## 2 Developing an integrated personalised care plan

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

# Recommendations for Action

- 1 Define and set the person-centred goal(s)
- 2 Developing an integrated personalised care plan
- 3 Implement and monitor the personalised care plan

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



## Summary

- A personalised 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. Development
    - Review findings and discuss opportunities
    - Agree on interventions
    - Finalise and share the plan
  3. Implement and monitor the personalised care plan