

CERTIFIED FAMILY HOME CARING WITH DIGNITY, THE BASICS



Included as a resident right is the right to be cared for with dignity. Aging, increased frailty or disability do not erase someone's need to be his or her "own person."

Everyone thrives when his or her individuality and choices in life can be expressed. Good physical care alone is not enough to achieve well being.

Caring with dignity emphasizes the following:

- **Individuality.** As providers, you need to know and appreciate each resident as an individual. Negotiated Service Agreements should not all look alike. Individuality is often reflected in choices of social activities.
- **Capability.** Promoting your resident's independence and self-esteem is an important aspect of providing care. Doing something for a person because he or she may be too slow diminishes their feelings of self-worth and independence.
- **Respect.** All human beings gain self-worth and confidence by being treated with respect, appreciation and courtesy. Adults are not to be talked to like children. Neither should a person be talked about as if he or she is not present in the room.
- **Privacy.** Privacy means a person's choice to have time and space to themselves to do what he or she wants, think their own thoughts or tend to certain needs without others intruding. Just as in any family, the resident needs time with you and time away from you. Providers should respect and honor each resident's need for privacy as much as possible. The simple act of knocking on the resident's bedroom door demonstrates that the provider will respect the resident's right to privacy.
- **Choice.** Human beings need to have control of their lives. Choice is as simple as deciding what to wear, what to eat or what activities to participate in. Without choice, people become depressed and apathetic or resentful and angry.
- **Home.** A home-like environment means comfort, contentment and belonging. A Certified Family Home which promotes a homelike environment is relaxed, warm and inviting. Furnishings can be fancy or plain; but the atmosphere is one that says, "Welcome." Residents feel they are part of a home and part of a family.