



Tip #10



Simple Pleasures: *Preferences and Choices*

Learn how to honor each person's "Simple Pleasures." Simple Pleasures are "those things that make our day a little better and without them our day wouldn't be as good" (from the Eden Alternative Certified Eden Associate Training). These "little things" really make a BIG difference in our lives.

Personal preference is important in almost every aspect of our lives. Rituals and preferences develop over a lifetime of experiences. Even seemingly simple choices become part of our identity. If you try to serve a cup of herb tea to a coffee lover you may see how important one small choice can be.

Honor all of a resident's attempts to communicate choice, whether verbal or physical. Your residents bring their preferences with them. As they attempt to create a new home in your community, remember that personal choice is important at every age, even when a person's abilities change due to illness or memory loss. Do all you can to explore and discover the person's past rituals.

Choice is more than having multiple options. Ensure that true choice exists for residents. All staff should cultivate an attitude of trust, to allow residents freedom to make decisions. Listen to and respect a resident's wishes enough to make sure their choices are put into practice.

Action Steps:

1. Please post this flyer for all staff to read!
2. Work with case managers or social workers to ensure that information obtained from a social history is shared with all direct care staff.
3. Enlist family and friends as valued members of the care team.
4. Check out the *Know Me Form*, (and other resources) available on the Advancing Excellence website at <https://www.nhqualitycampaign.org/goalDetail.aspx?g=PCC#tab4>
5. Begin exploring "Simple Pleasures" of your residents and team, then follow through and honor one another's "Simple Pleasures."

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/>