

# Family-centred care in practice: evidence summary

## What is it? Family-centered practice happens when...

- 1 Healthcare providers respectfully work with my family as partners to focus on achieving joint goals
- 2 My parents are active participants who are provided information and resources
- 3 All my family members' support needs are considered and addressed
- 4 My parents are trusted



## Recipe

### Dish

Family-centred care.

### Cost per serve

There is some evidence that family-centred care will decrease reliance on health services over time.

### Serving size

Built around family capacity.



### Active ingredients:

(what services should provide)

- Working together to identify needs, set goals and develop treatment plans
- Information about family-centred care, conditions and resources
- Group education on conditions and best practice
- Training my family members to perform interventions in my everyday environments
- Link my parents and siblings into support groups
- Care coordination, including system navigation

### Instructions:

(what processes support success)

- A management structure that supports family-centred care
- Sufficient time to be involved with my family
- My family and care team having matched expectations, where everyone's roles and responsibilities are clear and agreed upon
- Empowering my family to be as involved as they want, which might change over time
- Sharing information honestly and transparently

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## Please remember...

### Let my family choose

Let my family choose which conversations to be a part of.

### Using an interpreter

When using an interpreter, make sure you factor in enough time.

### My voice is heard

Make sure my voice is heard, as well as my parents.

### Be aware of bias

Be aware of your own bias if my family is of minority ethnic, racial or socioeconomic backgrounds.

### Being involved

Being involved may create emotional and financial stress which might impact how involved we can be.

### Speak up

It may be hard to speak up at times in case it affects the care team relationship.

## Helpful for young people with...

- ADHD
- Autism
- Brain Injury
- Cerebral Palsy
- Developmental Delay
- Behavioural Disorders
- Intellectual Disability
- Obesity
- Children with special care needs



More information  
can be found online.  
Scan the QR code  
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