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

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. Click on the button below

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RC OT **Royal College of Occupational Therapists**

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