

## Person Directed Care



### Choose Your Day Your Way

#### *Even in the Nursing Home/ Care Center*

Many nursing homes are adopting a philosophy of Person Directed Care so that residents can enjoy their day their way.

Person Directed Care is a movement in long term care facilities that offers increased choices in many aspects of daily life. Each nursing home will be at a different stage in their ability to offer customized services. It is important for anyone considering a nursing home for themselves or a loved one to think about what is important to them and ask.

## IPDCC

The IPDCC brings together individuals and organizations committed to improving care through person directed care activities.

If you have questions, would like more information or would like to join our efforts call Julie at:

1-866-236-1430

## IPDCC Steering Committee

- ABCM Corporation
- Briggs Corporation
- Continuum Health Care Services
- Des Moines Area Community College
- IFMC
- Iowa Association of Homes & Services for the Aging
- Iowa CareGivers Association
- Iowa Department of Inspections & Appeals
- Iowa Health Care Association
- Iowa Veterans Home
- Office of the State Long-Term Care Ombudsman

**Choose Your Day  
Your Way**  
*Even in the Nursing  
Home/Care Center*

**Iowa  
Person  
Directed  
Care  
Coalition**

Empowering Iowans to  
Direct Their Lives and Care  
Wherever They Live

[www.iowapersondirectedcare.org](http://www.iowapersondirectedcare.org)

Some questions to ask a nursing home you are considering moving into may include these key areas of Person Directed Care.

**Dining: Can I eat what I want, when I want?**

A Person Directed Care home will offer a wide variety of food choices and availability to accommodate your preferences and usual eating habits. Meals are often available for expanded hours with a variety of choices for all appetites. If you are hungry for a sandwich at 10:00 at night or are used to corn flakes for your supper these would be graciously accommodated in a Person Directed Care home.

**Pets: Can I bring Fido?**

A Person Directed Care home recognizes the importance of pet companionship. Many may have a facility dog or cat and some may be able to accommodate your personal pet.

**Bathing: Can I choose how and when I bathe?** Traditional nursing homes will schedule bathing two times a week. In a Person Directed Care Home bathing preferences including frequency and type are accommodated. For example if you prefer a quick shower before breakfast, or leisurely whirlpool before bed, or maybe just a daily sponge bath, this can be done in a Person Directed Care home.

**Waking/Sleeping: Can I get up and go to bed when I want?**

Rather than require you to follow the schedule at the staff's convenience, the Person Directed Care Home will accommodate your waking and sleeping schedule. For example, if you prefer to sleep in until 9:00 or even 10:00am, breakfast will be awaiting you when you arise. Staying up to watch the late, late movie? The Person Directed Care home will provide the popcorn!

**Activities: Can I continue to do the things I enjoy?** A Person Directed Care home will encourage opportunities for your individual interests while also offering a variety of new experiences for intellectual growth, socialization and fun. So you can choose to host your bridge club (the Person Directed Care home will provide the room and refreshments) or go to community events with your new friends or both!

**Relationships: Can I have the same people taking care of me everyday?** A Person Directed Care home will have consistent assignment where you build a relationship with the same caregivers who get to know you and your schedule and special wants and needs.

**IPDCC: Moving Iowa toward person directed care.**

Schedules and routines are dictated by the facility. Surroundings are drab and uninviting.

Individual's input is sought and some preferences are applied. Environment in common areas is more inviting.

Individual is offered more choices, often including when to wake, eat and bathe. Surroundings are more like home.

Individual determines own schedules, activities, meals and caregivers.