

## Person-Centered Care and Collaboration



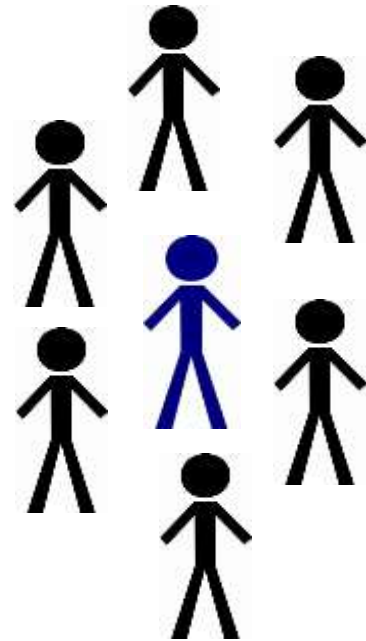
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Person-centered care is a way of thinking and caring that **sees the person as an equal partner in planning, delivering and monitoring their care.**

Use the **whole-person approach** to develop your person-centered plan

Helps identify:

- Coping skills
- Social connections
- Physical needs
- Intellectual functioning
- Spiritual connection
- Occupation satisfaction and interest
- Financial status



**Ask mental health experts for help when:**

- When a person fails to respond to your initial care plan
- When a person has complex mental illness symptoms
- When you're new to caring for someone living with a mental illness

**Psychologists, psychiatrists and mental health social workers**

have special training to help you identify triggers and strategies to reduce unhealthy responses and actions.