



When it Comes to Your Health and Wellbeing – You Are the Expert

By Meaghan McMahon and Lee Reed (DCV Case Management Team)

In last month's article, Lee Reed, R.N. DCV's Healthcare Navigator and Meaghan McMahon, LGSW, DCV's Social Worker created a fictional case study to show how a DCV member directs their own healthcare with help from DCV's nursing and social services.

Lee and Meaghan actively use a person-directed model of care to support members. This means that every DCV member is offered both resources and information to help them make their own decisions when it comes to the type and direction of care they want to receive.

The culture change movement in healthcare challenges the traditional medical model of care in which

professional specialties like nurses, geriatric nursing assistants, physical therapists, and healthcare providers make the final decisions when it comes to a person's health. With culture change, a person-directed model means, "...all decisions belong in the hands of the person receiving the care." (<https://culturechange.org/2018/11/person-centered-care-person-directed-care/>)

How can you make sure that healthcare professionals respect you as the expert regarding your health and wellbeing?

- Clearly document healthcare choices — including your financial and healthcare powers of attorney.
- Have in writing the types of

life-sustaining treatment you do and do not want if a time comes when you can no longer voice these preferences.

- Share an up-to-date list of your medications and allergies.
- If you are spending time in an assisted living or nursing home community, communicate to staff how you want to be addressed, what activities you enjoy, the cultural and religious values you hold that should be respected and your preferences in how your day is scheduled.

If you are interested in learning how DCV can support you, please contact Eva to be connected to our nursing and social services team.