



# Philosophy of care

*We believe... that residents who live in long term care homes and their families must be cared for with compassion, dignity and respect, thus ensuring that individual's needs are met and optimal quality of life is achieved.*

To achieve this Central Health will strive to:

- Understand our resident's and family's priorities and expectations and encourage them to be part of all decision making and respond accordingly to their needs and wishes.
- Create and maintain a homelike and positive environment which assists in motivating, stimulating and encouraging residents to maintain optimal independence and self-care.
- Protect the individuality of each resident.
- Recognize the resident's individual worth and dignity.
- Develop a holistic approach to care which recognizes and attempts to meet the physical, emotional, intellectual and spiritual needs of each individual and family.
- Ensure that residents are provided opportunities to be active participants in their communities.
- Be leaders in the development of best practices supporting the pursuit of continuing education of our team, families, residents, volunteers and LTC community.
- Meet the individual needs of the interprofessional team by creating opportunities for personal and professional growth.
- Ensure that residents and families live and staff works in a healthy, safe and enjoyable environment.

