Personalised Care: A shift in relationship between health and care professionals and people.

SHIFT TO...

- Being seen only as a patient with symptoms or separate conditions that need treating.
- Not having the information and support you need to make informed health and wellbeing choices and decisions.
- Feeling powerless against a complex health and care system.
- A 'One-size-fits-all' approach to meeting your health and wellbeing needs.
- Working in partnership with health and care professionals and sharing power.
- Not having the information and support you need to make informed health and wellbeing choices and decisions.

SHIFT TO...

- Being asked what matters to you?
- Being asked what is wrong with you and how your health needs will be met.
- Being valued as an active partner in conversations and decisions about your health and wellbeing.
- You and your health and care professional sharing knowledge, expertise and responsibility for your health and wellbeing.
- Working in partnership with health and care professionals and sharing power.
- Having more choice and control so your health and wellbeing needs are met effectively in a way that makes sense to you.

SHIFT TO...

- Being seen as a whole person with skills, strengths and attributes as well as needs to be met.
- Health and care professionals believing they have all the knowledge, expertise and responsibility for your health and wellbeing.
- Only needing to tell your story once.
- Having to tell your story again and again.