

THE JANUS DIGNITY PRINCIPLES



DIGNITY & PERSON CENTRED CARE

JANUS

The Janus Approach ensures that a comprehensive life history or “Life Story” is gathered for each resident in partnership with the resident and families who wish to be involved. From this life story and with resident and family collaboration, staff are able to determine what quality of life means to each resident. Life stories are taken by staff who have received specific training in this area of assessment and are generally conducted over several weeks as a relationship of trust is built with the individual resident (or family).

Dignity for each resident is promoted through an understanding of their individualised goals of care, personal preferences and individual ‘life story’. Staff are assisted to familiarise themselves with these ‘life stories’ in order to deliver the appropriate care as well as adhere to RSL Care SA principles of dignity. These principles were developed in partnership with residents, representatives, floor staff, management and board of RSL Care SA.

SEE ME

To “see me” is to see who I am, not what I am

1. Value my story, know my past, my present and what I want for my future
2. Know who I want to be into the future
3. Know how to make my day enjoyable

WELCOME ME

To “welcome me” is to create a community that I can belong to

1. Help me transition my space to my ‘home’ and a place of tranquillity
2. Help me develop trust in those who provide care and those who live with me
3. Enable me to have companionship and camaraderie with those I choose

INCLUDE ME

To “include me” is to remember that I am a part of all that happens in my life

1. Acknowledge me and include me in your conversations and actions
2. Use language that includes me and does not ‘label’ me
3. Involve me in discussions and information for me to make decisions

SUPPORT ME

To “support me” is to be *with* me on my emotional journey

1. Understand the challenges I face, provide me with comfort or space to be on my own
2. Celebrate with me in my successes and achievements
3. Work with me to retain my sense of worth

EMPOWER ME

To “empower me” is to encourage and help me to be all that I can be to the end of my days

1. Enable me the freedom to preserve my differences and identity
2. Encourage me to make choices that enhance my perception of quality of life
3. Encourage me to be as independent as I am able to be