

Fundamentals of Care - Self and Organisation Reflection Activity

The following activity is designed to encourage you to reflect on the extent to which you and your organisation are aware of and embedding Person-Centred Fundamental Care.

Self										Others									
VALUE																			
How much do you personally value person-centred fundamental care in your practice?										How much do you think your organisation values person-centred fundamental care?									
Not at allA lot										Not at allA lot									
1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
TALK																			
How often do you talk about person-centred fundamental care in your week?										How often do you hear others talk about person-centred fundamental care?									
Not at allA lot										Not at allA lot									
1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
DO																			
How often do you practice/role model person-centred fundamental care in your week?										How often do you observe others practicing/role modelling person-centred fundamental care?									
Not at allA lot										Not at allA lot									
1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
OWN																			
How much is person-centred fundamental care a shared responsibility in your daily team?										How much is person-centred fundamental care a shared responsibility across the interdisciplinary team?									
Not at allA lot										Not at allA lot									
1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
RESEARCH																			
How much are you involved in monitoring and evaluating person-centred fundamental care?										How much are others involved in monitoring and evaluating person-centred fundamental care?									
Not at allA lot										Not at allA lot									
1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10

After completing the activity, reflect on any insights or conclusions you've gathered. We recommend taking a moment to discuss with your colleagues and listen to their perspectives.