W@RDSWAP

Using **Person-Centred Language (PCL)** ensures the way we speak is respectful, life-affirming, and inclusive. Here are a few ways to swap out words for PCL in your everyday language!

People

Places

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Instead of	Consider	Instead of	Consider
Demented person Dementia sufferer Senile	Person living with dementia	LTC facility Nursing home Old folks' home Institution	LTC home
Long-term care (LTC) home patient	Resident	Adult day care	Adult day program or support program
Informal caregiver	Family care partner	LTC unit	Neighbourhood or Home area
		Admitted or Placed	Moving in
Actions		Discharged	Moving out
Instead of	Consider		•
Difficult behaviours	Responsive behaviours or personal expressions	Items	
Challenging behaviours		Instead of	Constallar
		instead of	Consider
Violent behaviours	Physical expressions of risk	Diaper	Consider Adult brief or Incontinence product
Violent behaviours Triggers			Adult brief or
	Physical expressions of risk	Diaper	Adult brief or Incontinence product

How have you been inspired to use PCL?

Let us know by emailing provincialBSO@nbrhc.on.ca or using #WordsMatterPCL on social media!





Behavioural Supports Ontario Soutien en cas de troubles du comportement en Ontario North Bay Regional Health Centre | Centre régional de santé de North Bay

