

CONSIDERATIONS FOR YOUR Prospective Centering Space

Making sure your clinic is set up to properly accommodate the Centering model of care is one of the first steps toward integration. Most clinics are not built with group care in mind, which means you might need to get creative with conference or waiting rooms. Below we've outlined some general guidelines for curating your Centering space, as well as some examples of what other clinics have done with limited space.

Centering Space Recommendations:

- An assessment area should be set up to ensure privacy within the group space
- The Centering space should be private and conducive to group sharing
- Seating should be arranged in an open space, allowing for group activities
- Centering groups should get priority over the space during scheduled times
- Room should be a sufficient size for groups of 8–12 (CenteringPregnancy®, CenteringHealthcare®), 6–8 (CenteringParenting®), group members' support people and Centering staff to sit in an open circle
- The space should be comfortable and inviting for participants

Entrance

Consider how you want to greet your patients as they arrive, setting up clear signage and/or welcoming decor.



Think about where you'll keep name tags—this clinic worked them into the decor. Only first names are used, or the name the patient wants to be called in group.



Provider and self-assessment areas

The provider assessment space should be done in the group space in a semi-private area of the room.

Determine if patients will do their self-assessments in their chairs, or if there's space in another part of the room.



Shared group space

After individual assessments, groups will circle up in the designated open area. Consider using resources like dividers or curtains to create space for concurrent sessions or assessment areas.

If there is enough space, there may be room for the coordinator to work while the group is not in session. Some spaces may be able to incorporate storage in the room, others may need to use closet space.

Consider the vision you and your steering committee have if given the opportunity to build out your space. This room has a divider that would allow for concurrent sessions!

Get support to make the most of your space

If creating the proper Centering accommodations is proving to be a challenge for your clinic, reach out to one of our team members at start@centeringhealthcare.org. We're happy to answer questions and brainstorm with your Steering Committee to come up with creative ways to make sure Centering works for you.

