

Person Centred Dementia Care.

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Objectives

- Self identify importance of flexibility within routines and preferences
- Explore person centred philosophies
- Describe what person centred care will look like in practice
- Explain methods to ensure person centred care as a daily practice

3 things important to me in my life:

3 things important to me in my daily routine:

3 things I would retrieve from my burning house:

- *Assuming all people and important documents are safe.*

2 of my favourite memories are:

3 things I do not like to eat:

3 of my favourite bands/singers are:

Time to reflect

A new resident has been admitted into the dementia unit for respite.

- The family have brought in _____ (1, 2, 3)
- To help them relax they have also brought in a CD of _____(6).
- They will eat anything except _____ (5) and love to talk about _____(3,4)
- If they become upset check that _____(2)

The new resident is You!

- The handover you have been given is to inform staff of your care for the next 4 weeks. You have difficulty communicating with staff.
- What will be your reactions?
- So what can we do?

Reflect.

- Refer back to your answers
- You see some of what makes the person within you.
- Person centred care is acknowledging this and reflecting on what these things will be for the person with dementia.

Person Centred care

- Person-centred care has been described as a **holistic approach to care** (Morgan & Yoder 2012), based on **humanistic and ethical principles**, recognising that each individual is **unique**, has an **absolute value** and is **worthy of respect** regardless of **disability or impairment** (Sjogren et al, 2014).

What does it look like?

- **Attachment** relates to bonding, connection, nurture, trust and security in relationships.
- **Inclusion** is about being in or being brought into the social world either physically or verbally and making them feel part of the group.

(adapted from Brooker 2007 in Clissett et al, 2013)

Identity

- **Identity** relates to the need to know who you are and **having a sense of continuity with the past.**
- It is about **having a life story** that is held and maintained either by the person living with dementia or for them by others

Occupation

- **Occupation** relates to being involved in activity that is **personally meaningful**; a sense of agency and having control to make things happen

Activity



Comfort

- **Comfort** is about the provision of tenderness, closeness and soothing and is provided through physical touch, comforting words and gestures. Comfort also includes physical comfort with one's body and a pleasant environment.

(adapted from Brooker 2007 in Clissett et al, 2013)

Words...

- Comforting, respectful, person centred..

VIPS

- **V**alue base that asserts the absolute value of all human lives regardless of age or cognitive ability
- **I**ndividualised approach, recognising uniqueness
- **P** Understanding the world from the **P**erspective of the person living with dementia
- **S** Positive **S**ocial psychology in which the person living with dementia can experience relative well-being. (Rosvik et al, 2011)

Terminology and models

- There are many terms and models available in literature to describe how to encourage person centred care for people with dementia.
- Ultimately it is the recognition of the PERSON within the dementia that is needed and support of people caring for the person with dementia will assist.

We are all human identities...

Our value as a human is not diminished by an inability to remember or manage tasks of daily living (Mast, 2013).



Thank you.

Clissett,P., Porock, D., Harwood, R., Gladman, J (2013) The challenges of achieving person-centred care in acute hospitals: A qualitative study of people with dementia and their families. *International Journal of Nursing Studies*. 1495-1503

Mast,B (2013) Bringing Person-Centered Care to People with Early-Stage Alzheimer's. *GENERATIONS – Journal of the American Society on Aging* 37(3)

Rosvik,J., Kirkevold, M., Engedal, K, Brooker, D., Kirkevold, O (2011) Model for using the VIPS framework for person-centred care for persons with dementia in nursing homes: a qualitative evaluative study. *International Journal of Older People Nursing* 6, 227–236

Sjogren et al, 2014) To what extent is the work environment of staff related to person centered care? A cross sectional study of residential aged care. *Journal of Clinical Nursing*. 24. 1310-1319