Emotion-Based Care

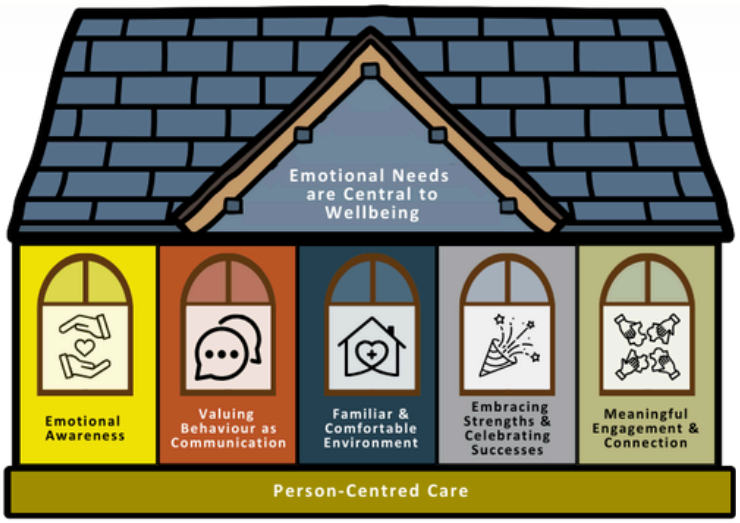
Emotion-based care is supporting the person's emotional and social functioning, specifically supporting the person in coping with the cognitive, social, and emotional changes they are experiencing as a result of dementia.[1] It encourages looking beyond just the tasks of physical caregiving, but to consider and respond to the person's emotional experience.

Grounded in Person-Centred Care[2,3]

- Individuals are recognized as unique beings with preferences, desires, and life history.
- Preferences are determined through emotional reactions.[4]
- Care, interactions, and environment are personalized.

Emotional Needs are Central to All Wellbeing[4,5]

- Recognizes emotions remain when task-based abilities are lost.
- The individual feels valued, safe, socially connected, and trusting of caregivers.
- The person's emotions and experiences are validated.



Emotional Aware Care Providers[6,7]

- Carers can identify and respond appropriately to own emotions
- Carers can identify how emotional responses impact (positively and negatively) their provision of care
- Carers are emotionally attuned to the person they are supporting

Valuing Behaviour as Communication[8,9]

- Understands behaviours are communication of unmet needs
- Identifies the unmet need behind the behaviour in order to meet the need, rather than simply 'managing' the behaviour

Behavioural Supports Ontario
Soutien en cas de troubles du comportement en Ontario
Provincial Coordinating Office, North Bay Regional Health Centre
Bureau de coordination provincial, Centre regional de sante de North Bay

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Familiar and Comfortable Environment[10,11]



- The space is comforting and home-like, with items that are familiar and have emotional meaning to the person
- The day has a routine, to provide predictability, yet is flexible based on personal needs
- Carers provide emotional warmth

Embracing Strengths & Celebrating Successes[12,13]



- Supports the person to achieve successes
- Celebrates the person's contributions to the community
- Encourages independence and self-confidence

Meaningful Engagement and Connection[14]



- People living with dementia are valued community members
- Fosters a sense of purpose, pride, belonging, and accomplishment
- Opportunities personalized to strengths and interests

Why are These Important?[15,16]

- **Reduced anxiety, loneliness**
- **Increased self-esteem, life satisfaction**
- **Improved cognition**
- **Reduced responsive behaviours**

ALL of which increase quality of life!

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