

All About Me

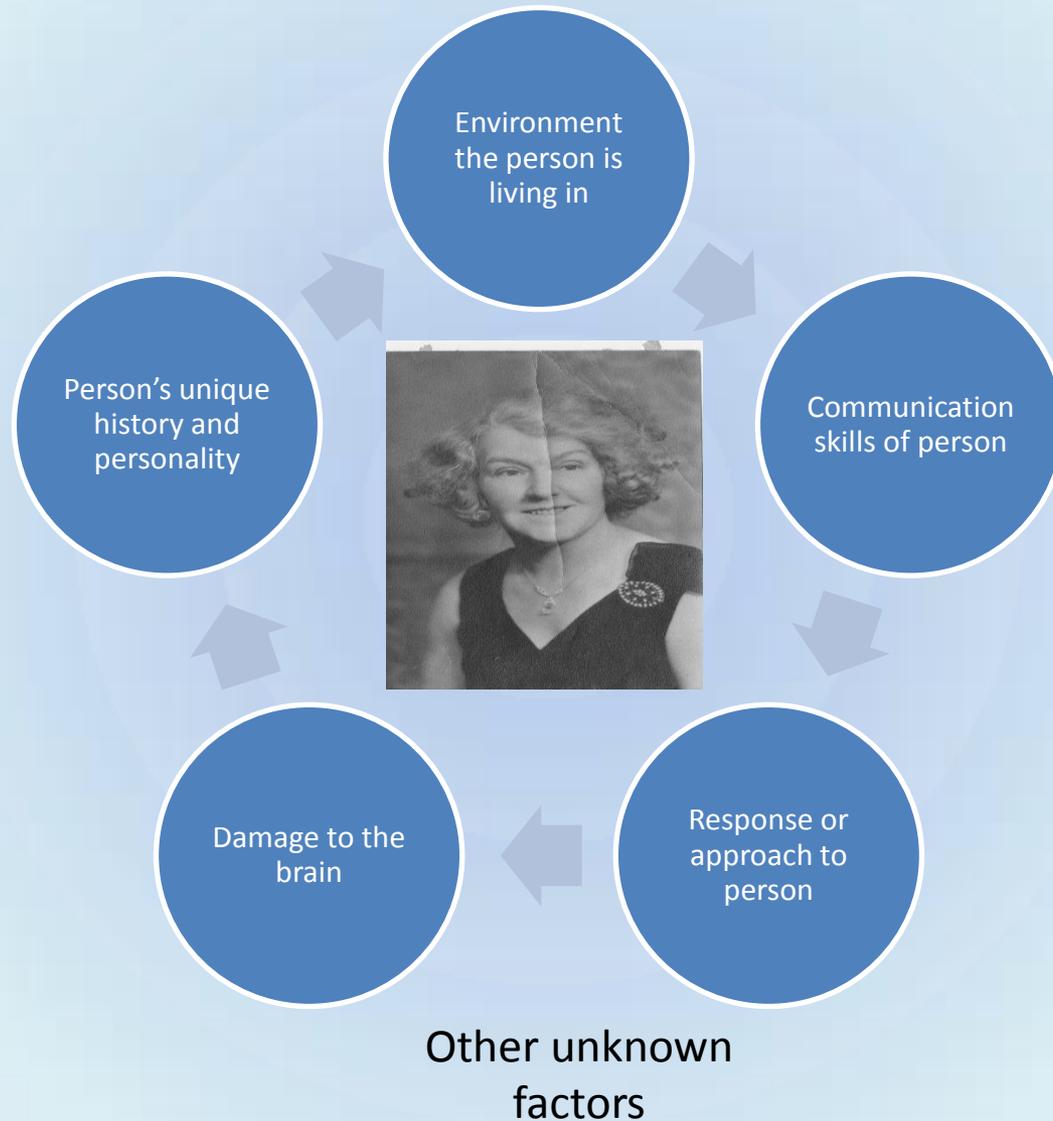


**“Dementia is not an identity – it
is a label**

I have dementia, I also have a life!”

Thomas Foster, person living with dementia

Factors that can affect a person with dementia



Building on Strengths

- People with dementia retain many strengths and abilities despite their dementia.
- Much can be done to improve or maintain a person with dementia's quality of life.
- Each person with dementia is a unique individual with a history and experience, personality, abilities, knowledge, skills, preference and desires.
- A person's experience of dementia does not simply relate to damage to their brain. It depends upon their environment, experience, emotions, perceptions and how others interact with them.



Person Centred – Key Elements

- Biography – The person's life. Who they are. Their personal history. What matters to them and why it matters to them now. The most important things from their past to have affected them

- Identity – What makes the person who they are now!

- **Autonomy and Agency** – Does the person still feel in control of their life? In what ways is the person in control of their life now?

- Communication and interactions – Talking, sharing, listening and being involved. What works best in getting through to the person?

- Comfort and attachment – Having a sense of belonging, of not feeling alone and of being responded to. Where, from whom and from what does the person get comfort in their life at the moment?

- Take time to find out about a person's history and their interests: this can make all the difference in helping to connect with them.

- Getting to know a person with dementia is an ongoing process
- What about you?

Life Story Matters

- You can find out a bit, or sometimes quite a lot about the events and experiences that have shaped the person you see today. It can help you learn about key experiences that have shaped the way they see the world

A Life Story:

- can help you to learn about what the person values in life, what they see as important in themselves, in others, and in the world around them.
- This in turn can help us to understand what people want from life, how they want to spend their time, and with whom.

- People with dementia have stressed the need to avoid an assumption that the life of a person with dementia is all about looking back.

- People with dementia have a variety of other interests. Sometimes people continue with interests they have had for many years, but sometimes they pick up new interests

- Appreciating the interests and skills that people with dementia have can really help us to see the person behind the diagnosis as well as giving us a useful focus for discussion or activity.

It is also important to realize that not all memories and life experiences are positive – many people will have areas of their lives that they do not want to discuss, or which are difficult or distressing to them:



- How do we share? Books often sit on the shelf and gather dust....how do we make this story live?
- Art project
- Board
- Displays
- Getting to know you meetings – staff sharing
- ?

- All people have their own hopes, fears, dreams, desires, relationships and achievements. We all want to be known for who we were, are and still want to be.