



Leading the Way A 'lifestyle' orientated approach to dementia care – getting everyone on board



Sue Mark

AMI Certified Montessorian in Dementia and Ageing

What is 'lifestyle'?

- The **lifestyle** of a particular person or group of people is the living conditions, behaviour, and habits that are typical of them or are chosen by them.
- <https://www.collinsdictionary.com/dictionary/english/lifestyle>
- 'High quality' care puts older people first. It means a standard of care designed to meet the particular **needs and aspirations of the people** receiving aged care
- **Enhance** to the highest degree reasonably possible the physical and cognitive capacities and the mental health of the person
- **support the person to participate in recreational activity and social activities and engagement.**

- <https://agedcare.royalcommission.gov.au/sites/default/files/2021-03/final-report-recommendations.pdf>

Culture of Dementia Care

Lifestyle - Entertainment

Scant personal history

Activities are for
entertainment;
one size fits all

Pick an activity -
any activity will do

Large groups

Don't repeat
activities

Doing 'for' not 'with'

Lifestyle Approach

Find the **person** behind the dementia

Activities match
strengths with personal history

Small groups foster
friendships

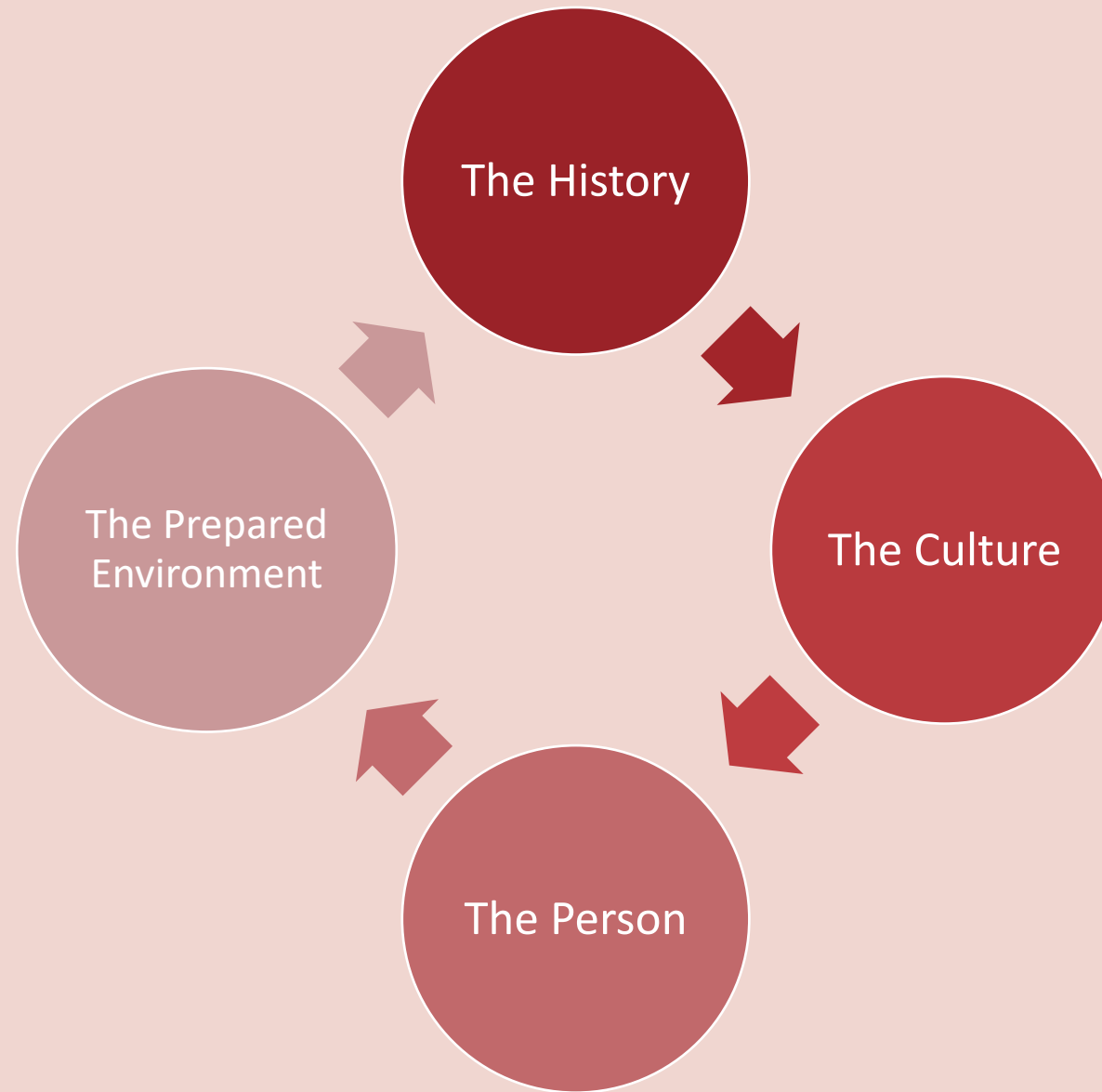
Repeat activities to develop
routine, build confidence
and self esteem

**Meaningful activities and
roles important**

**Culture of care –
everyone is on board**

(Helen, 1998,2001)

The Model



The History

Dr Maria Montessori

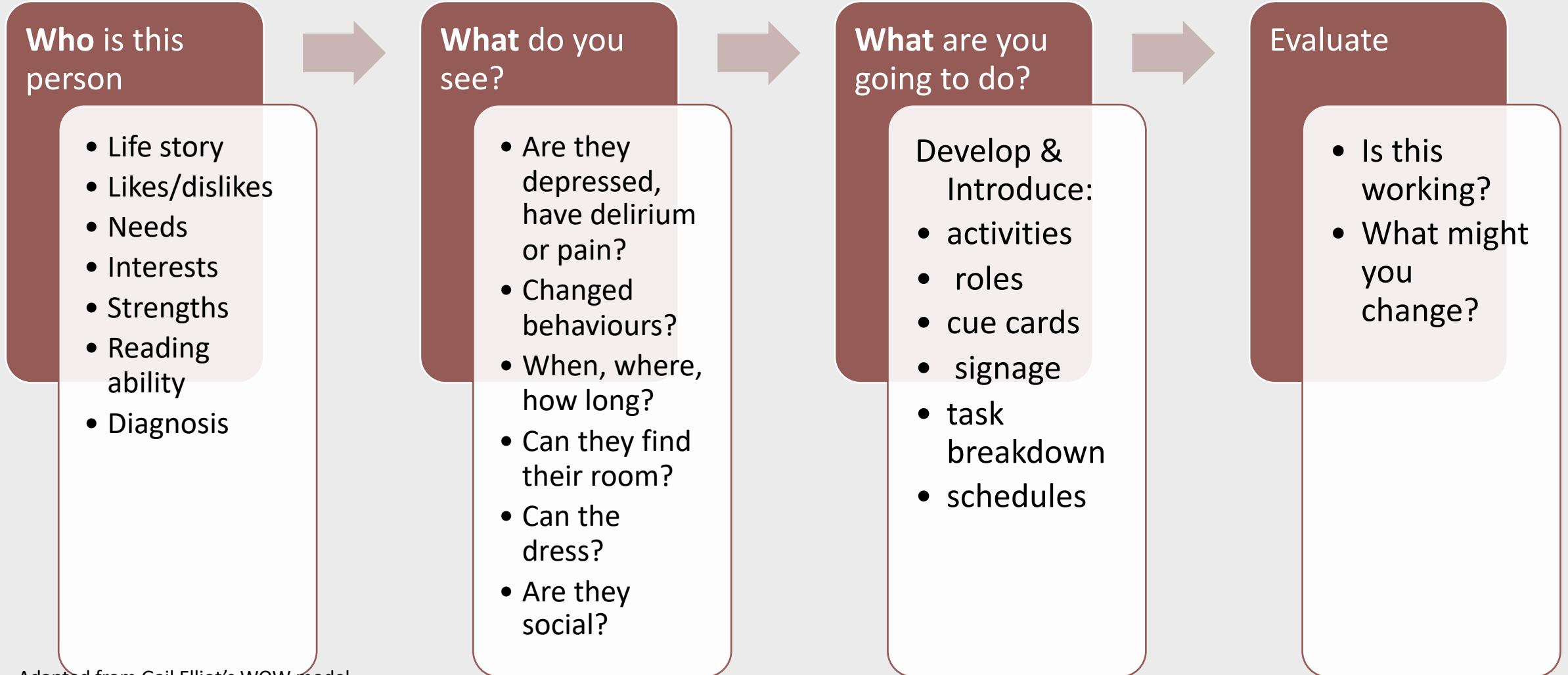
- 1870 – 1952
- First female physician in Italy
- Worked with underprivileged children who were labeled 'unteachable' and 'mental defectives'
- Goal to improve their quality of life
- Opened first school in 1907



Culture – Guiding Principles

- Do my actions show that I respect, value, and honour this person?
- Am I treating this person as a unique individual?
- Am I making a serious attempt to see my actions from the perspective of the person I am trying to help?
- How might my actions be interpreted by them?
- Do my actions help this person to feel socially confident and that they are not alone?

The Person - 3 W's – Who, What & What



Long Term Memory

Declarative Memory (Explicit)

- Facts (Episodic)
- World Knowledge (Semantic)
- Events (Autobiographical)
- Vocabulary (Grammar)

Procedural Memory (Implicit)

- Skills
- Habits
- Simple Classical Conditioning
- Priming

Prevention of excess disability/over caring



“Never help with a task at which they feel they can succeed”

Maria Montessori

I can do that for myself!

Prepared Montessori Environments focus on



Using
preserved
abilities



Modifying
the
environment



On-going education
and support of
team members



Involving
families

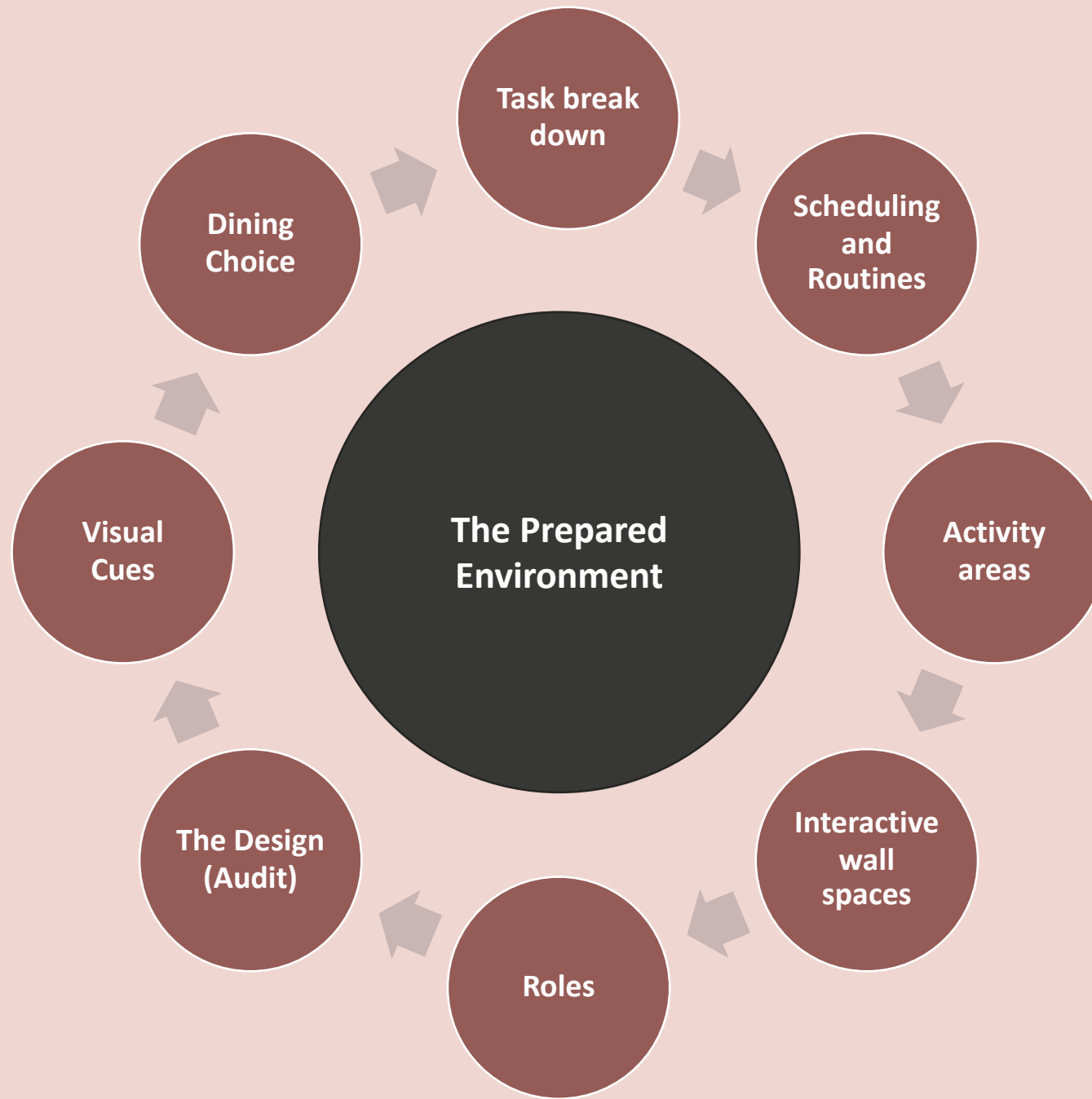
Prepared Montessori Environments support

The Person

- appropriate roles that are built into regular routines are identified for each person
- meaningful activities are developed to fill their day

The Environment

- cue cards, task breakdown and signage are used to support the person in everyday life



Activities

- People need meaningful activity 24/7
- Our lives are given meaning through activities and connections with others
- When people are engaged, responsive behaviours and depression can be minimised



- Are as important as clinical care
- All staff are accountable for meaningful engagement 24 hours a day

The background of the slide is a white surface covered with several autumn leaves. The leaves are in various shades of yellow, orange, and brown, with some showing detailed vein patterns. They are scattered across the frame, with some overlapping each other.

Leading the way

Getting everyone on board

Culture

3 W's – Can do

**Lifestyle is living, not entertainment –
giving people a reason to get out of bed**