



Quality of life with dementia

Thoughts on organizational models for individualized care

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Prague CZ

Vincenzo Paolino, Member Board of Directors EAN/GAN
Founder, CEO Spectren/Almacasa

The title of my presentation



I liked yesterday from my Slovenian friends

Long-Term Care = NO

Long-Term Life = YES

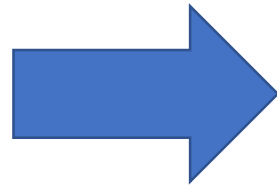


Expectations

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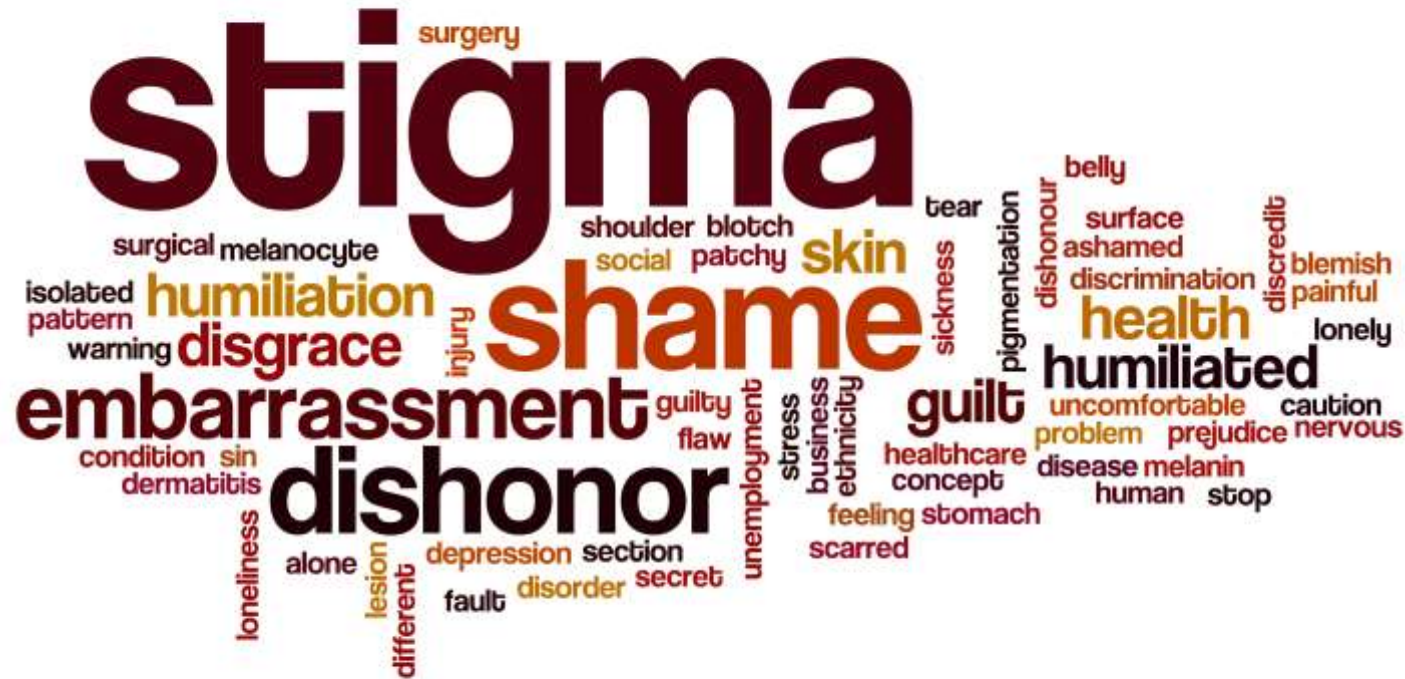
The „A“-paradigm is useful and necessary for diagnostic purposes...

- A-pathy
- A-nosognosy
- A-praxy
- A-phasia
- ...



Dementia

...but there is a downside to this



The long way from...

- Many nursing homes offer little emotional warmth
- Loneliness, helplessness and boredom are still phenomena spread
- Hospital-like architecture and procedures and the medicalisation of everyday life inhibit meaningful activity



...hospital...

- Aggressiveness due to large patient groups
- Lack of a clear concept and staff training
- Lack of personal ties between caregiver and patient
- Few good centres lead to long distances for relatives/friends for visiting





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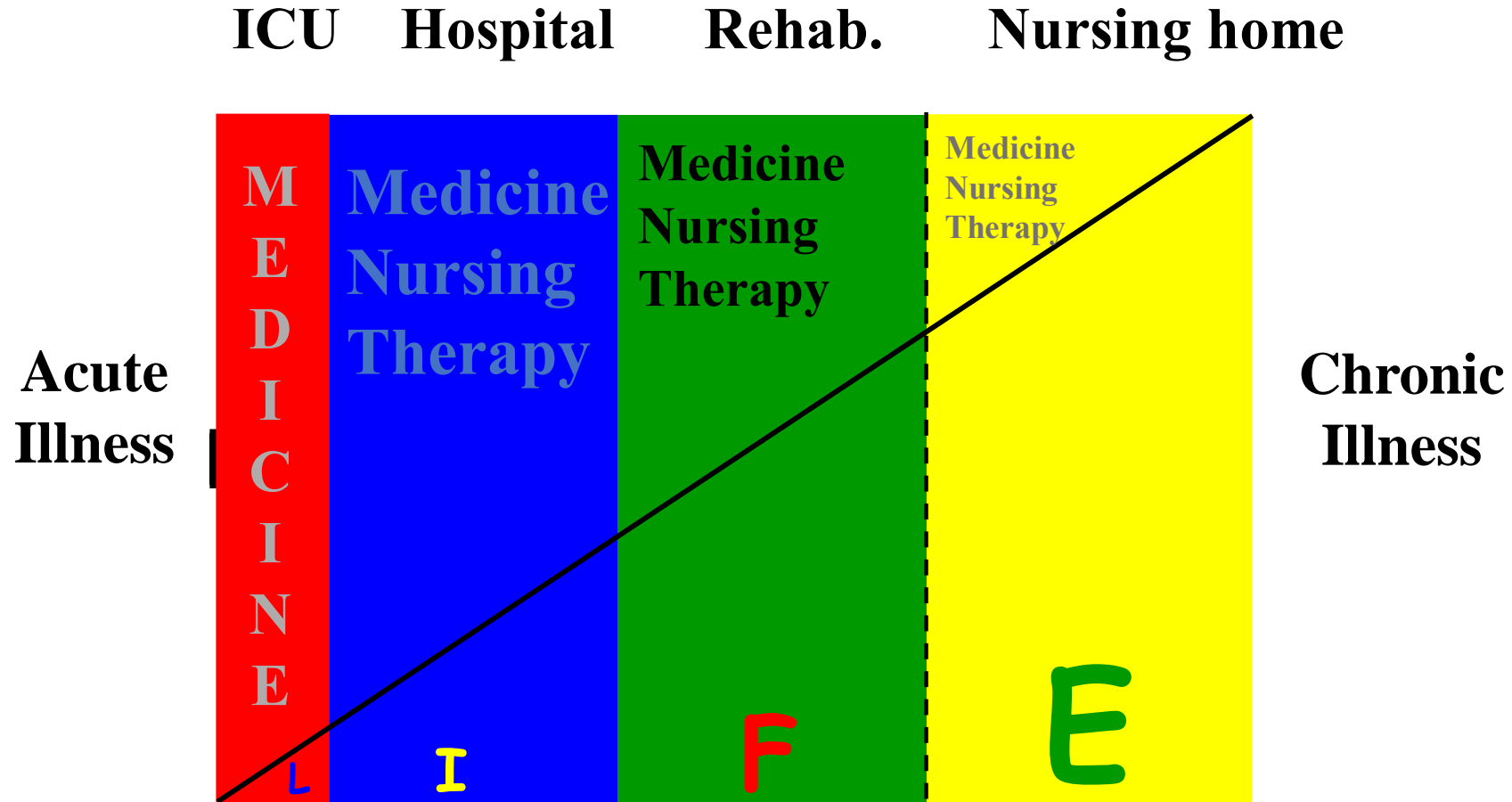
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So many differences in our countries but: Humanistic values are universal

- **Identity** - being well-known; having personhood; individuality; having a history
- **Growth** - development; enrichment; expanding; evolving
- **Autonomy** - liberty; self-determination; choice; freedom
- **Security** - freedom from doubt, anxiety, or fear; safety; privacy; dignity; respect
- **Connectedness** - belonging; engaged; involved; connected to time, place, and nature
- **Meaning** - significance; heart; hope; value; purpose; sacredness
- **Joy** - happiness; pleasure; delight; contentment; enjoyment

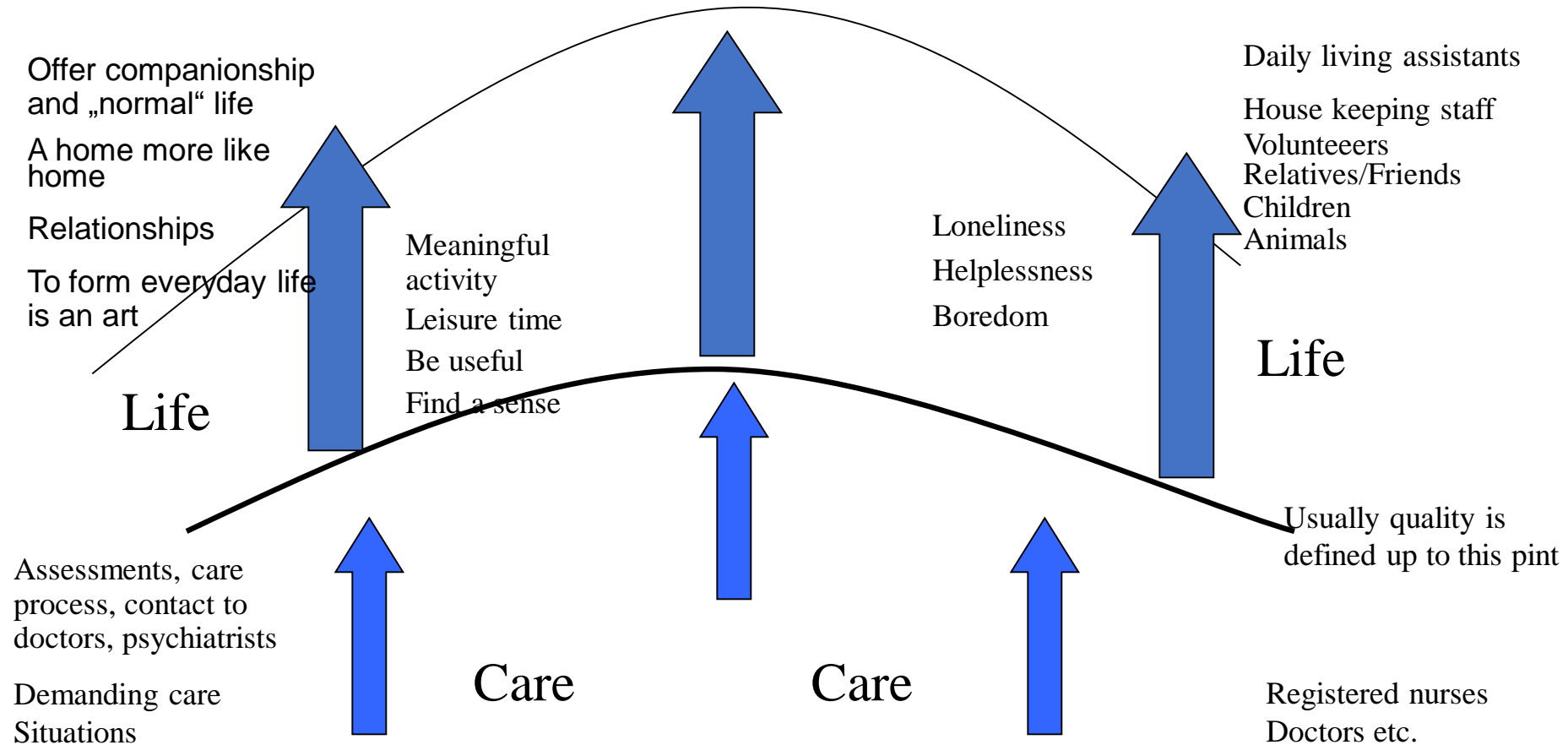
(Eden-Alternative: 7 Domains of Wellbeing™)

Treatment vs. Life-diagram



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Quality of care as the basis for Quality of Life



2001: C. Merzeder, V. Paolino, rev. 2013

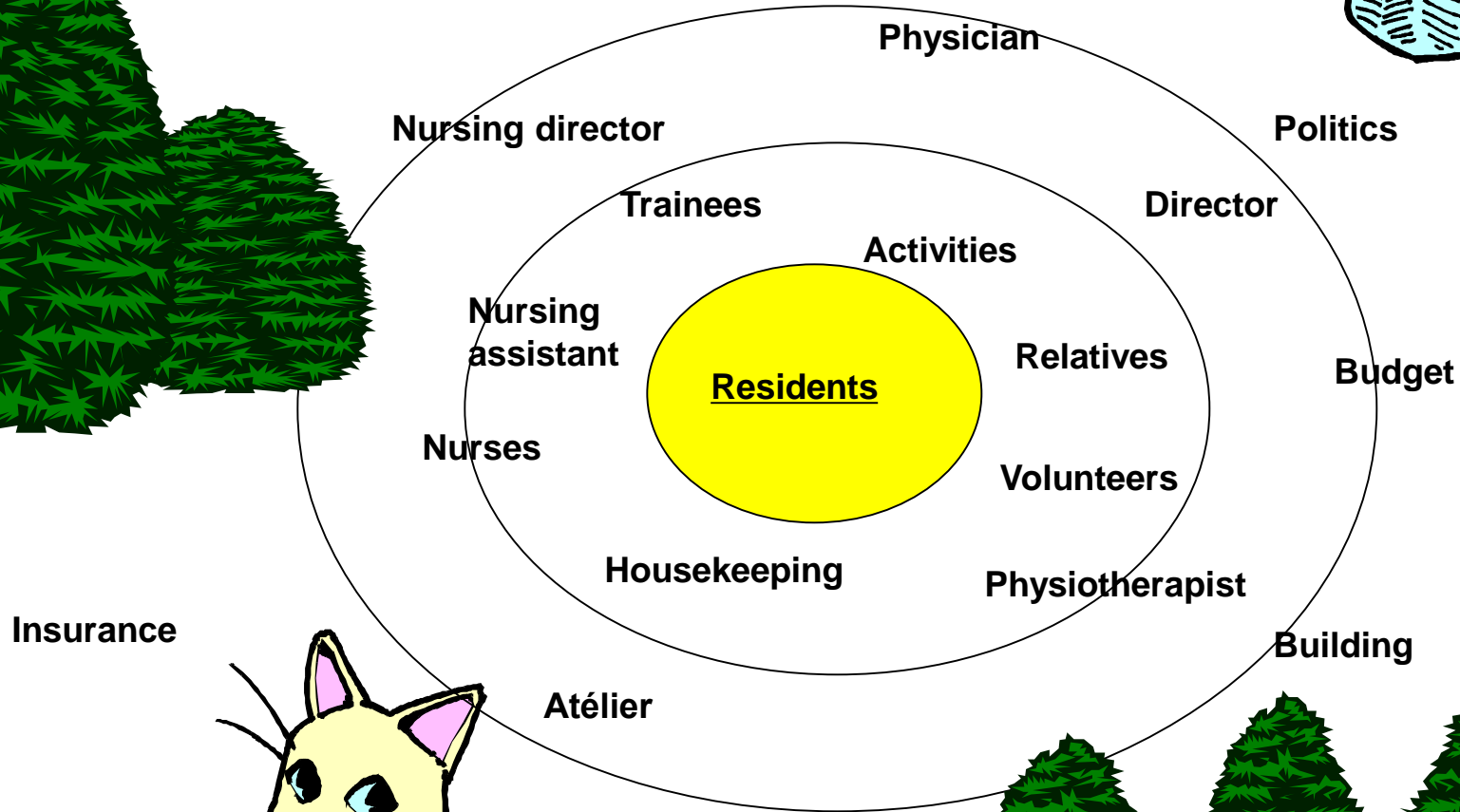
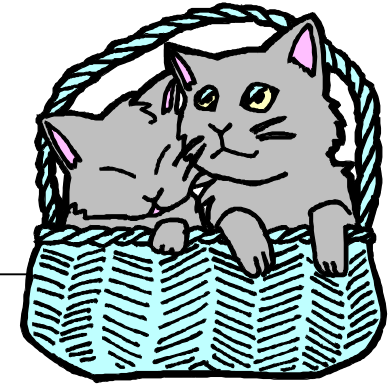
Getting away from the usual and hierarchical model...



2002: C. Merzeder, V. Paolino



Towards something different!



2002: C. Merzeder, V. Paolino



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Reciprocity = give and take!



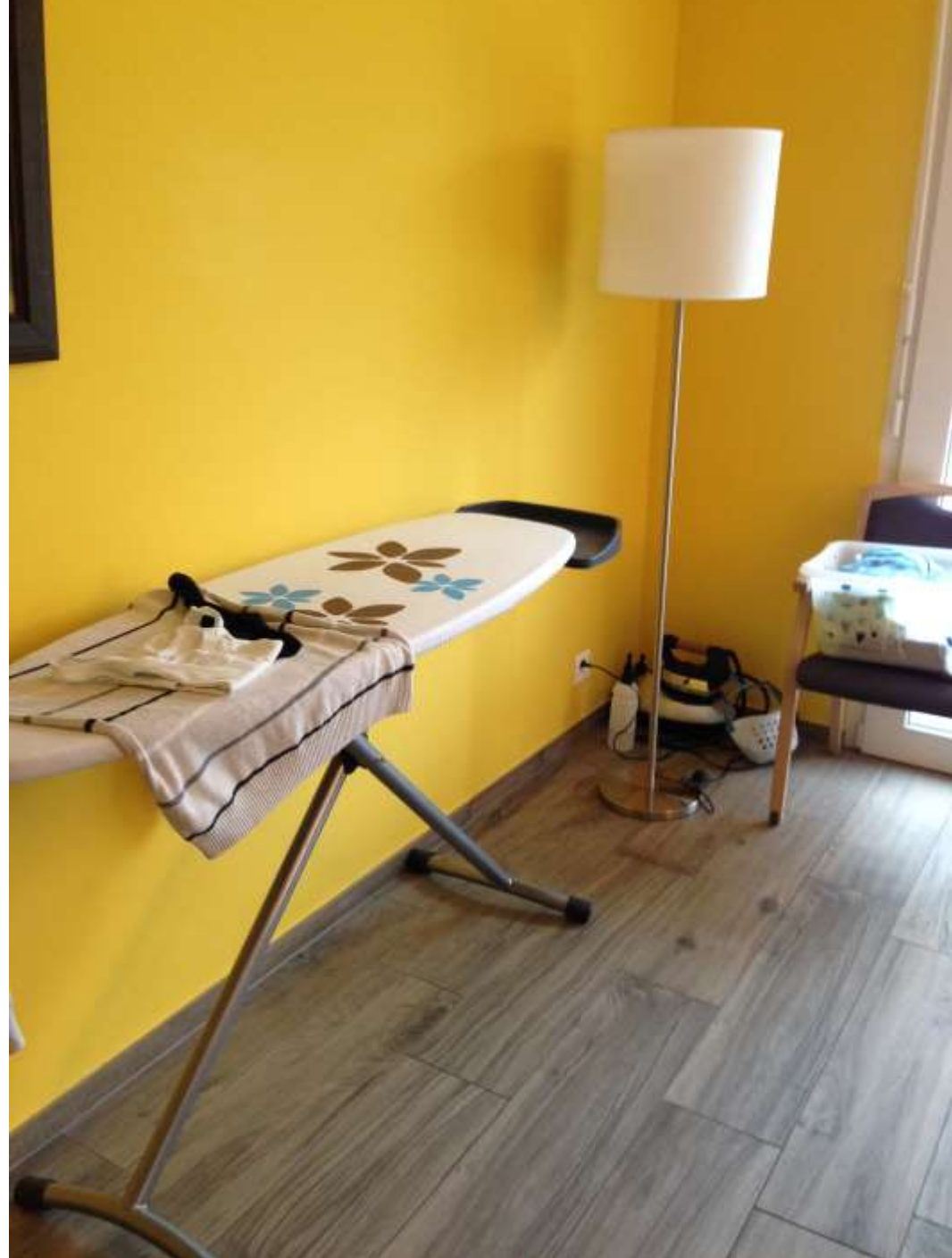
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More salt, please!



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Your next step could be...

- It starts at the TOP!
- If you built new: Talk to your architects!
- If you cant buzilt new: Try to change small things!
- Talk about this conference! Show a few slides! Discuss!
- Allow staff to participate in decision making.
- Be yourself and exchange personal background & stories.
- Be thoughtful of small details – they make a difference.
- Try to adapt to the residents' rhythm, not the other way round!

This will change perceptions and actions and ultimately quality of life for residents and staff.

Resources

- www.globalageing.org
- www.ean.care (end of June 2018)
- www.curaviva.ch
- www.almacasa.ch
- www.stiftung-helios.ch
- <https://www.ted.com/topics/aging>
- Books: Dr. Al Power:
 - Dementia without drugs
 - Dementia without disease