

Maintaining Ability

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Community Action
on **Dementia** in Mayo

Maintaining Ability





Personalised Supports

Personalised supports to maintain ability.

To prevent premature disability or disconnect from life roles, their social network and recreational activities.



Benefits

- The person remains socially connected and actively engaged within their community.
- The person continues to hold the valued roles always held.
- An enabling approach supports the person to be as independent as possible.

Key components

- Supports are purposeful and **chosen by the person** and/or family to meet need.
- Supports can be provided **in home or out of home or both**.
- Supports are provided in **blocks of time** to best support the person with dementia to optimally engage. This time and its duration will adjust in response to the persons changing needs.
- Supports are provided by **dementia skilled staff or volunteers** with knowledge of the principles of personalised working.
- The **numbers of people** supporting is kept to a minimum to support trusting relationships to form.

Chosen by the person

- A meeting is convened with the person with dementia and/or their family in their home.
- The person is the focus and hearing their needs and wishes is critical.
- Family supports the telling of that persons story to date.
- Understanding the persons experience with dementia is key.
- Up to two hours time is required to do this well.



Chosen by the person

- Engaging with appropriate supports and services in the community to make appropriate connections.
- Developing a plan of support that encompasses the persons wishes and informs those supporting the person.
- Matching a support worker with the person with dementia.

Place of support

- **In House** - support to continue cooking the family meal at the time it has always been done.
- **Community Based Support**– support to continue to do weekly shop in local store as always .

Place of support



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Hours of support

The timing of the input has some considerations:-

- Consider the best time of day to suit the persons ability to engage.
- Sufficient time to support the person to engage in a relaxed and unhurried space.



Supporting Staff

Sites took different approaches to delivering this type of support:

- Dementia Support Workers
- Volunteers
- Home helps
- Private Agency Staff

All received dementia training and orientation towards the specific features of personalised supports.



Changing Perceptions

- We all avail of a range of supports/outlets/strategies to deal with lifes difficulties.
- This access to supports and services should continue as one develops dementia.
- The level and intensity of these supports will adjust and change as the persons needs change over time.
- We set a different tone to the provision of service.

Changing Perceptions



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