

**An interdisciplinary educational resource on person-centred dementia care to prevent challenging behaviours in persons with dementia**

**Change Champions Conference  
Whose Challenging Behaviours, Meeting the Needs of  
Older People with Dementia  
Four Seasons Hotel  
Sydney  
30<sup>th</sup> April 2010**

**Presenter  
Dr Anita De Bellis**

# **Come Into My World**

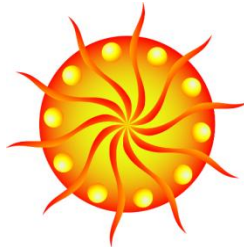
## **How to Interact with a Person who has Dementia:**

**An educational resource for undergraduate healthcare  
students on person-centred care**

**De Bellis A, Bradley SL, Wotherspoon A, Walter B, Guerin P, Cecchin M and Paterson, J (2009) *Come Into My World - How to Interact with a Person who has Dementia: An educational resource for undergraduate healthcare students on person-centred care*, Flinders University, Hyde Park Press, Adelaide**



## **An Australian Government Initiative**



**SA & NT DTSC**  
South Australia  
& Northern Territory  
Dementia Training  
Study Centre



**Flinders**  
UNIVERSITY  
ADELAIDE • AUSTRALIA

# Acknowledgements

- **SA & NT Dementia Training and Study Centre  
– An Australian Government Initiative**
- **Nurses' Memorial Foundation of SA Inc**

# Additional Acknowledgements

- **The late Professor Tom Kitwood**
- **Professor Dawn Brooker**
- **Chloe Hall**
- **Participants of the Advisory Group**
- **Actors and Crew**
- **Providers of Settings**
  - **Staff and residents of Leahurst Home for Aged Trained Nurses**
  - **Laboratory staff of Flinders University School of Nursing & Midwifery**
  - **Sandy and Tom Bradley**
- **Reviewers**
- **Evaluators**
- **Inprint Design**
- **Best FX**
- **Jon Kudelka**

# Chloe Hall – Dance With Me

## **Music**

“Dance With Me”

Artist: Chloe Hall

Written by: Chloe Hall

© Shock Music Publishing (Australia) Pty Ltd

One Tree Hill Records

Licensed courtesy of Shock Music  
Publishing



# Research / Production Team

- **School of Nursing & Midwifery, Flinders University**
  - Dr Anita De Bellis - Chief Investigator and Co-Producer**
  - Ms Sandra L Bradley – Research Associate**
  - Ms Bonnie Walter – Co-Investigator**
  - Dr Pauline Guerin – Co-Investigator**
  - Professor Jan Paterson – Chief Investigator**
- **Faculty of Education, Humanities, Law and Theology, Flinders University**
  - Ms Alison Wotherspoon – Producer and Co-Investigator**
- **SA & NT Dementia Training Study Centre**
  - Ms Maggie Cecchin – Co-Investigator**
  - Ms Marie Alford - Consultant**

# Research/ Production Team Members



From Left to Right

**Alison Wotherspoon**

**Sandy Bradley**

**Marie Alford**

**Pauline Guerin**

**Anita De Bellis**

**Jan Paterson**

Insert

**Bonnie Walter**

Absent

**Maggie Cecchin**

# AIMS

- **The aim of this resource is to educate undergraduate healthcare students about how to interact with people who have dementia using a person-centred approach in practice.**
  - **Challenging Situations**
  - **Real Life Case Scenarios**
  - **Strategies to Enhance Interactions**
    - **How To Interact**
    - **How Not To Interact**
  - **Evidence Based Care**
  - **Interdisciplinary**
  - **Easily Accessible**

# Methodology

- **Community Based Participatory Research** (Minkler & Wallestein 2003)
- **Research and Production Team**
  - **Expertise and Skill**
  - **Commitment**
- **Networking**

# Tom Kitwood (1997)

## Personhood

12 person-centred interactions conducive to personhood and wellbeing

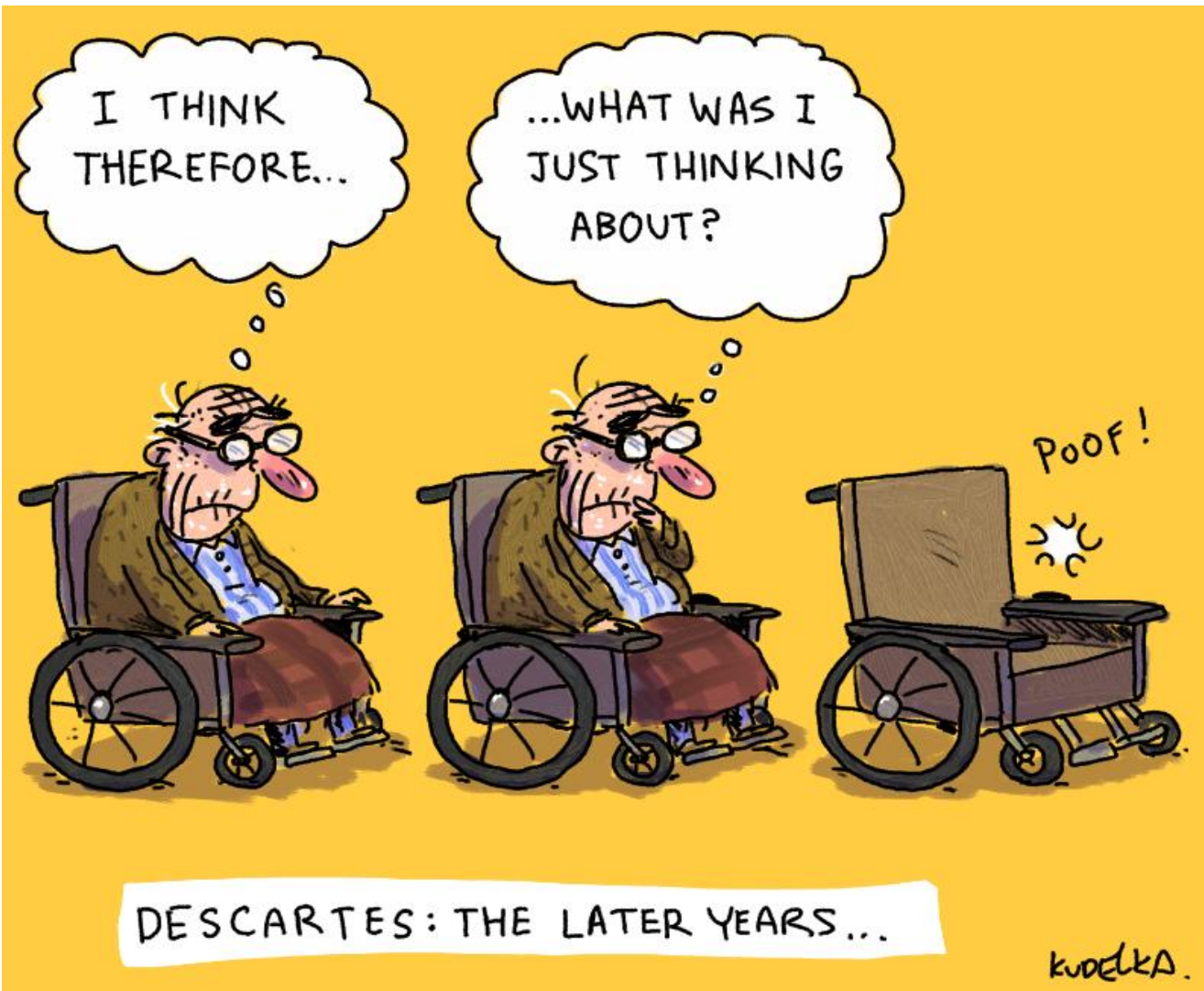
- Celebration
- Collaboration
- Creation
- Facilitation
- Giving
- Holding
- Negotiation
- Play
- Recognition
- Relaxation
- Timalation
- Validation

# **Tom Kitwood (1997)**

## **Malignant Social Psychology**

**17 (malignant) interactions that undermine  
personhood and wellbeing**

- Accusation**
- Banishment**
- Disempowerment**
- Disparagement**
- Disruption**
- Infantilisation**
- Ignoring**
- Imposition**
- Intimidation**
- Invalidation**
- Labelling**
- Mockery**
- Objectification**
- Outpacing**
- Stigmatisation**
- Treachery**
- Withholding**



# Dawn Brooker (2007)

## V.I.P.S

- V - asserts that every person has value regardless of age or cognitive status**
- I - using an individualised approach that promotes the uniqueness of the individual**
- P - acknowledging and understanding life from the perspective of the person needing care**
- S - providing a social environment designed to meet psychological needs of the individual**

# Advisory Group

- **20 Advisory Group Members**
- **7 Research/Production Team Members**
- **11 disciplines**
  - **One Carer/Consumer Representative**
  - **One Student Careworker Representative**

# Advisory Group Disciplines

- **Nursing**
- **Paramedics**
- **Speech Pathology**
- **Nutrition & Dietetics**
- **Podiatry**
- **Physiotherapy**
- **Neurology**
- **Social Work**
- **Psychology**
- **Consumer/Carer**
- **Careworker/Student**
- **Occupational Therapy**
- **Clinical Education**

# Case Scenarios

- **35 case studies from 18 Advisory Group Members**
  - 10 disciplines
  - 1 Carer and 1 Student Representative
- **5 themed scenarios**
  - Scripted
- **Casting**
- **Re-enacted**

# Case Scenarios

- **Themes**
  - Violence/Aggression
  - Transport/Negotiation/Carers
  - Language/Food/Speech/Interpretation
  - Resistance/Behaviours
  - Repetitive/Absconding
- **Settings**
  - 2 Acute Care
  - 2 RAC
  - 1 Community
- **Persons with Dementia**
  - 3 Males (1 YOD) and 2 Females

# Come Into My World

- **Workbook**
  - Theoretical Underpinning
- **5 docu-dramas**
  - Come Walk With Me
  - Come Listen To Me
  - Come Meet With Me
  - Come Feel With Me
  - Come Dance With Me
- **5 Interviewees**

**Come Walk With Me**

**John - Ian Rigney**



**Come Listen To Me**

**Jacob – Brian Messenger**



**Come Meet With Me**  
**Alan – Michael Hooper**



**Come Feel With Me**

**Beryl – Jude Brennan**



**Come Dance With Me**  
**Violetta – Karen Wotton**





An Australian Government Initiative

# Come Into My World

## How to Interact with a Person who has Dementia:

An educational resource for undergraduate healthcare students on person-centred care.



Come Into My World: How to interact with a Person who has Dementia: An educational resource for undergraduate healthcare students on person-centred care.



Training to care for people with dementia



An Australian Government Initiative



To be used in  
conjunction with  
the workbook of the  
same title

Alison Wotherpoon  
Aaita De Bellis  
Sandra L. Bradley  
Bonnie Walter  
Pauline Gaerin  
Maggie Cecchin  
Jan Paterson

## Come Into My World

How to Interact with a Person who has Dementia:

An educational resource for undergraduate healthcare  
students on person-centred care.

© 2009 Flinders University of South Australia

# Evaluation

- **Key Academic Personnel**
  - 4 SA & NT universities
- **Student Cohorts**
  - Flinders University

## **Pre- and Post-testing Students**

- Nursing
- Health Sciences
- Paramedics
- Speech Pathology

# Academic Evaluation

## Demographics

- **316 academics teaching in healthcare programs contacted by email to participate**
- **4 universities**
  - Charles Darwin
  - Flinders University
  - University of Adelaide
  - University of South Australia
- **83 responses to evaluate resource**
- **39 academic evaluations returned**

# Academic Evaluation Comments

- #2 ... Although clearly practical experience is the best way to learn different strategies, the theoretical content as well as the practical ideas are excellent. The questions after the scenarios are thorough and thought-provoking and good that it ends on a positive - (dancing scene). Loved the music!**
- #5 ... I am involved in a postgrad program. Nevertheless, I see a need for this for our students also. I have talked about this with program director and she is anxious to see how we can fit it in. Overall, I felt this was a very worthwhile project and probably long overdue! Personally, I gained from it so I am sure students will. In addition - it was enjoyable. Well done to all!**

# Academic Evaluation Comments

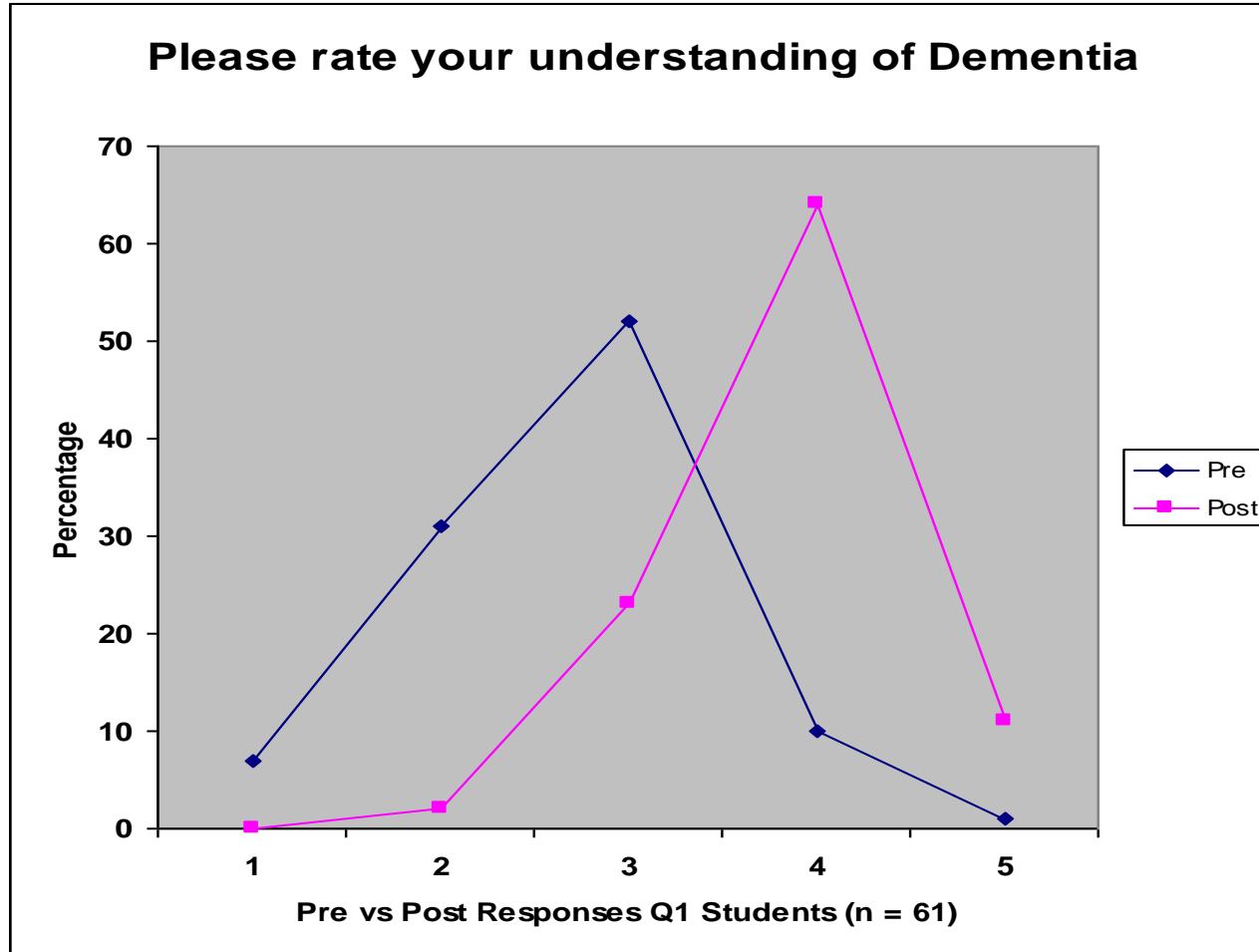
**#3 ... Thank you so much for the privilege of being sent this resource and DVD. I have to admit that my heart sank when it arrived and it duly landed in my overfull 'to do' tray. But tonight I have read the booklet and watched all the DVDs - I have learnt much and would have no hesitation in using this in teaching in the future. I have seen so many malignant social psychology behaviour (*ref to hcp*) over the years and now have a vocabulary to describe it - thanks... just wanted to say thanks for putting all this together. I know it takes an age to do.**

# Student Evaluation

## Demographics

- **Flinders University**
- **4 Cohorts**
  - *Nursing*
  - *Paramedics*
  - *Speech Pathology*
  - *Health Science*
- **Responses to evaluate resource**
- **105 Pre-test**
- **61 Post-test**
- **61 Completed Evaluations**

# Student Evaluation



1 = Very Low

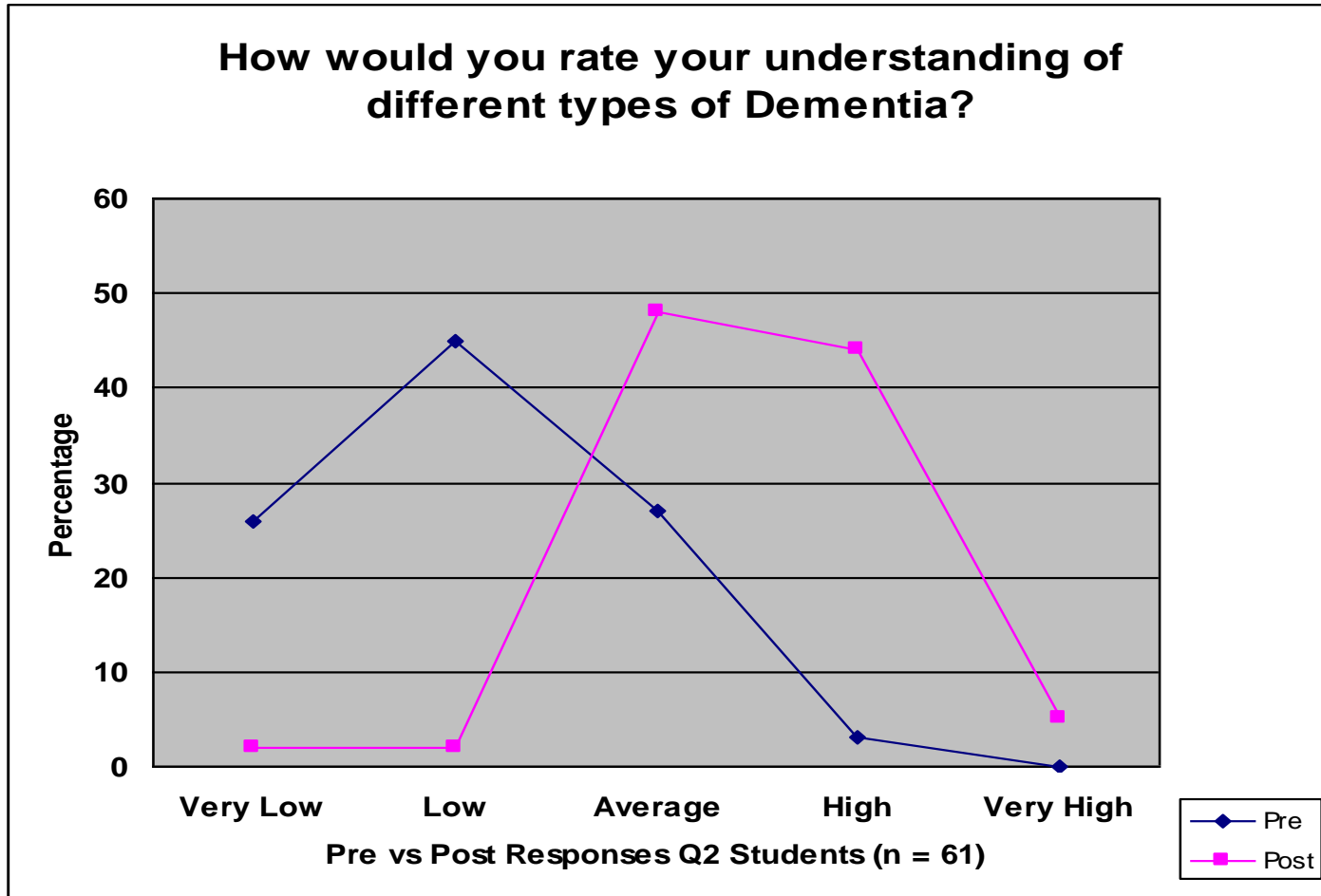
2 = Low

3 = Average

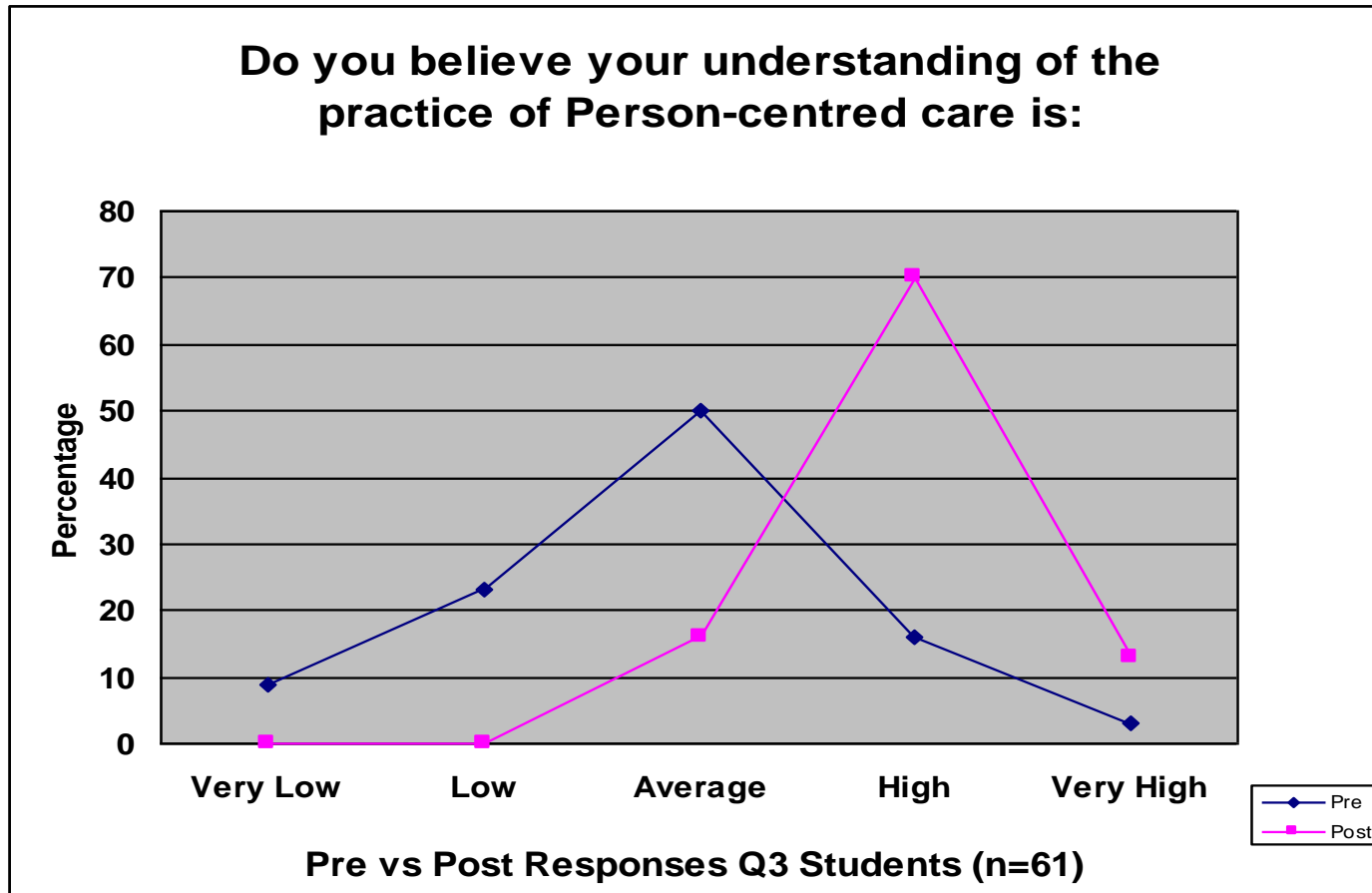
4 = High

5 = Very High

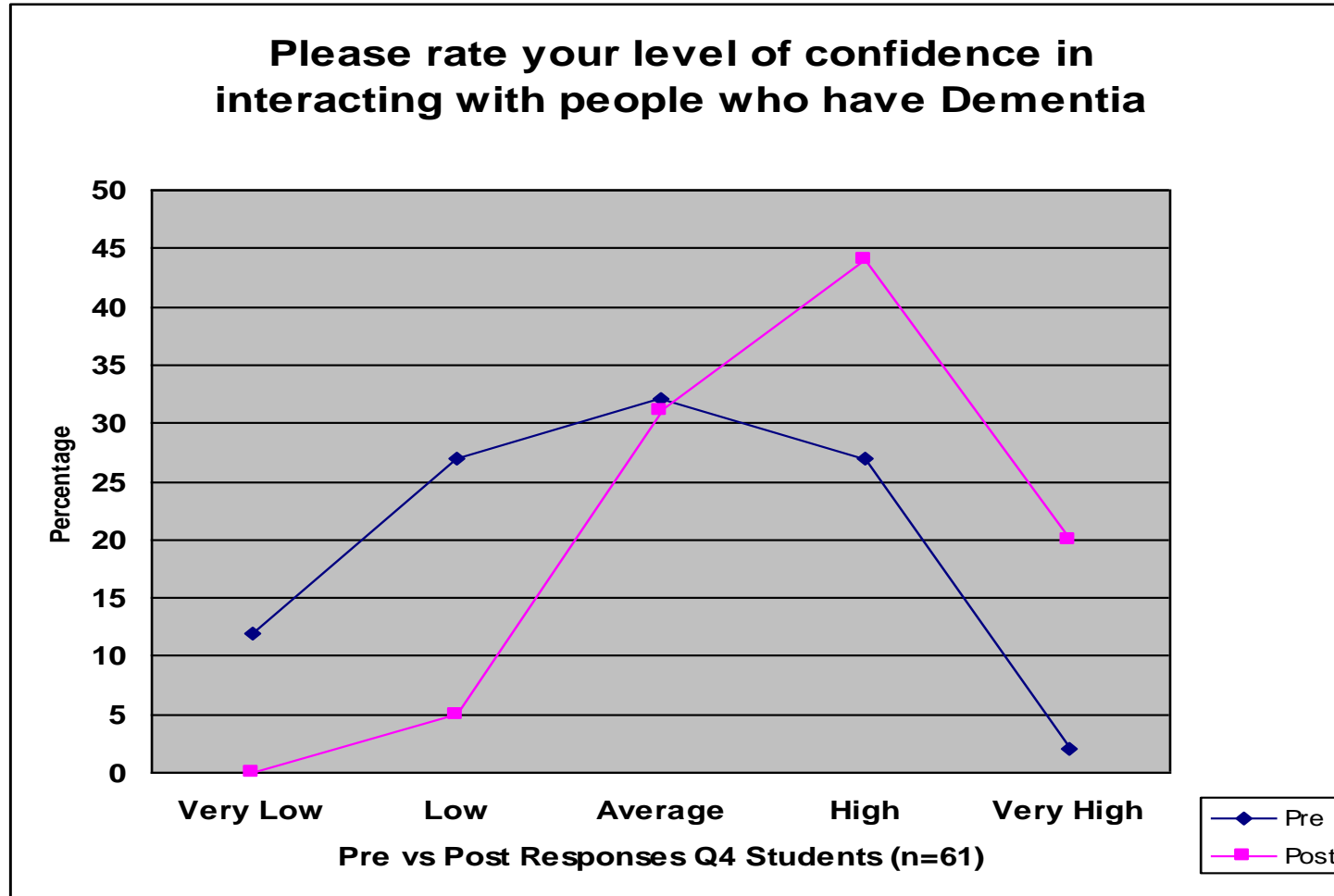
# Student Evaluation



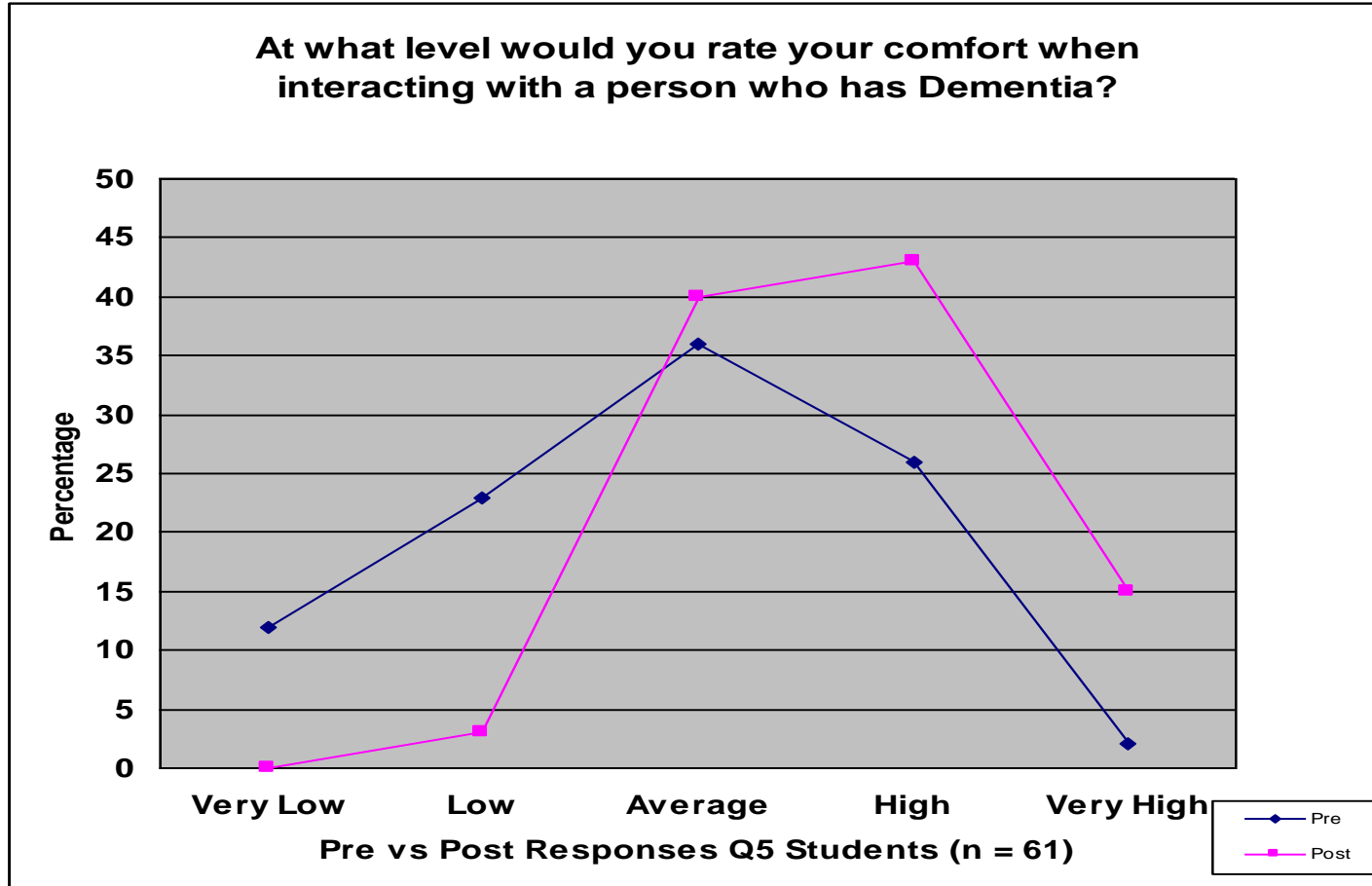
# Student Evaluation



# Student Evaluation



# Student Evaluation



# Student Comments

**#1983**

**I will carry this quote with me "the person's character is not lost but rather is concealed". Truly great resource.**

**#2468**

**I would like to thank you for allowing me to participate in this evaluation of your resource. It was a very educational and motivating 4 hours I spent. Well done to all involved. I know I will certainly be more confident in dealing with dementia patients (sic) In the future. Thanks again to all involved...**

# Student Comments

## #GEMM

**My father-in-law (82 yrs) has recently been moved into a dementia unit of a nursing home. This resource has changed my way of communicating with him. Now I 'go into his world" and it's made a fantastic difference to the quality of time I spend with him. Prior to that, I felt awkward and unsure how to 'be' in his company. I certainly wasn't in the category of 'malignant social psychology' just unsure how to respond to his way of communicating. Thank you for the opportunity of reviewing this resource. As a nursing student it will be an invaluable aid to review. Chloe Hall's music and song are a beautiful accompaniment to the DVD. Very moving words.**

# **Come Into My World**

## **How to Interact with a Person who has Dementia:**

**An educational resource for undergraduate healthcare  
students on person-centred care**

**De Bellis A, Bradley SL, Wotherspoon A, Walter B, Guerin P, Cecchin M and Paterson, J (2009) *Come Into My World - How to Interact with a Person who has Dementia: An educational resource for undergraduate healthcare students on person-centred care*, Flinders University, Hyde Park Press, Adelaide**

# ONLINE

- <http://nursing.flinders.edu.au/comeintomyworld/>
- **Hard Copies**
  - SA & NT Dementia Training Study Centre
  - Flinders University, School of Nursing & Midwifery

**anita.debellis@flinders.edu.au**

# References

Brooker, D (2004) What is Person-centred care in dementia? *Clinical Gerontology*, 13: 215-222.

Brooker, D (2007) *Person-centred dementia care: making services better*, Jessica Kingsley, London, England.

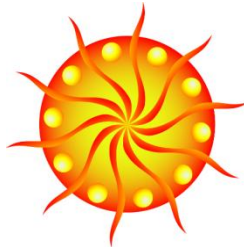
Kitwood, T (1997) *Dementia reconsidered: the person comes first*, Open University Press, Buckingham, England.

Kitwood, T (1998) Toward a Theory of Dementia Care: Ethics and Interaction, *Journal of Clinical Ethics*, 9(1): 23-34.

Minkler, M & Wallerstein, S (2003) Introduction to Community Based Participatory Research, in *Community Based Participatory Research for Health*, M Minkler and S Wallerstein (Eds), John Wiley & Sons Inc, Jossey-Bass, San Fransisco.



## **An Australian Government Initiative**



**SA & NT DTSC**  
South Australia  
& Northern Territory  
Dementia Training  
Study Centre



**Flinders**  
UNIVERSITY  
ADELAIDE • AUSTRALIA

# Thank You

Dr Anita De Bellis

School of Nursing & Midwifery

Flinders University

[anita.debellis@flinders.edu.au](mailto:anita.debellis@flinders.edu.au)

08 8201 3441