

# Supporting Well-Being: A Foundation for Person-Directed Care



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## MC5 Communicate, Collaborate, Change, Care, Celebrate

### Mission

- To promote and support ongoing collaboration within the adult care continuum to **create environments where the dignity and value of each individual who lives or works there is respected and celebrated.**

### Vision

- The continuum of adult care in Missouri is **satisfying, individually meaningful, and person centered, striving toward person directed.**



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## Special thanks to The Eden Alternative®

- Revolutionizing the Experience of Home by Bringing Well-Being to Life: The Eden Alternative Domains of Well-Being®
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- Dementia Beyond Drugs: Changing the Culture of Care © 2012, Rev. 2016 by The Eden Alternative® (Book © 2010/2017 by Health Professions Press)



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## Well-Being

### What is it?




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“Well-being is a much larger idea than either quality of life or customer satisfaction. It is based on a holistic understanding of human needs and capacities.


Well-being is elusive, highly subjective, and the most valuable of all human possessions.”

– Dr. Bill Thomas, *What Are Old People For? 2004 (Page 226)*  
*What are Old People For?: How Elders Will Save the World.* Acton, MA: VanderWyk & Burnham.



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What gives you a sense of Well-Being?



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## The 7 Domains of well-being in regulation

- F679 Activities. INTENT §483.24(c)
- To ensure that facilities implement an *ongoing resident centered* activities program that incorporates *the resident's* interests, hobbies and *cultural* preferences which is integral to maintaining and/or improving a resident's physical, mental, and psychosocial well-being and *independence*. **To create opportunities for each resident to have a meaningful life by supporting his/her domains of wellness (security, autonomy, growth, connectedness, identity, joy and meaning).**



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## Seven Domains of Well-Being

- Identity
- Connectedness
- Security
- Autonomy
- Meaning
- Growth
- Joy



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# Identity



Having a history  
individuality  
well-known  
personhood



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# Exploring Identity

- What is your passion?
- What gives you a reason to get out of bed?
- Tell me about accomplishments in life? What do you see as your greatest success?
- Who holds a special place in your life?
- What else would you like use to know about you?
- What makes you, you?
- Tell me about your professional life?
- Can you share with me your life history?
- What gives you purpose?
- What are your hobbies?
- What are your ambitions?
- How would you describe yourself? How would others?
- If you could do anything, what would it be?
- What do you enjoy doing with your wife/family/friends?



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## Connectedness



Belonging  
Engaged  
Involved



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## Exploring Connectedness

- How important are personal relationships?
- Tell me about your family and friends.
- How connected are you to the community? Can you share what those connections have been?
- Can you tell me about your interactions with family members?
- How would you prefer to arrange your room?
- How important is it to you to belong?
- Are you a joiner or watcher?
- Do you like large group, small group, 1:1 interaction (preference)?



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# Security

Safety      Privacy  
Dignity      Respect  
Freedom from Anxiety



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# Exploring Security

- What makes you feel safe?
- Is it possible to be too safe?
- What is your biggest fear?
- Do you and your partner share one bed?
- What keeps you up at night? What causes you to be afraid or anxious?
- Do you have privacy concerns?



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# Autonomy

Choice  
Freedom  
Self-governance  
Self-determination



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## Exploring Autonomy

- What would you want a typical day to be?
- What choices are most important to you?
- Did you ever make a choice that was not the best, and if so, how did you feel, and how did you overcome it?
- What do you see as obstacles to prevent achieving your goals?
- How do you like to bath, and when?
- What time do you like to rise and go to sleep? Do you have any routines?
- Are you an introvert or extrovert?
- For meals choices, do you have preferences on when or what you eat?
- Do you want make decisions?
- How do you feel when people make the decisions for you?
- What do you do with stress?



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# Meaning

Hope  
Value  
Purpose  
Significance



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# Exploring Meaning

- What would you say gives purpose to you?
- What is meaningful to you?
- Are there words and principles you live by?
- Do you practice reflection?
- In meeting your needs, what makes it meaningful?
- How important is religion and/or spirituality in your life?



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## Meaning: Purpose

Becoming engaged, staying involved in a purpose, in purposeful activities is a key to living out our lives as happy, fulfilled individuals.



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## Growth



Development  
Evolving  
Enrichment



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## Exploring Growth

- Is there anything you would like to learn more about?
- Is there anything you wish you knew how to do?
- Are there challenges you faced and how did you overcome them?
- Are their goals you would like to achieve?
- What can you teach us?



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## Joy

Happiness  
Pleasure  
Delight  
Contentment



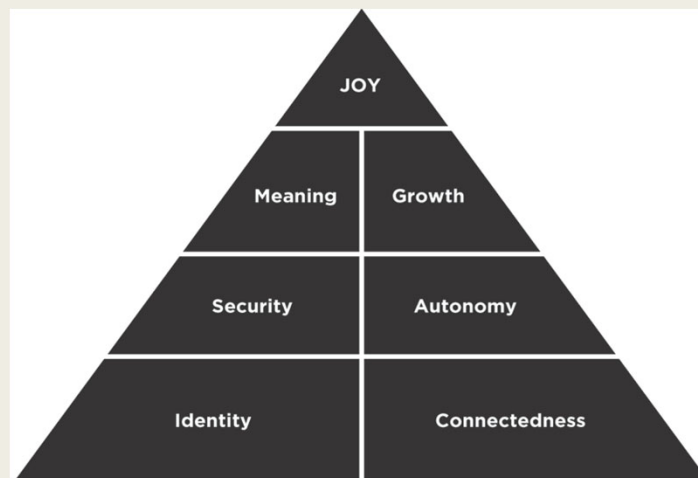
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## Exploring Joy

- What makes you happy? Makes you smile?
- Describe your best day.
- What types of pursuits do you find pleasurable?
- Is there music that brings you joy?
- Do pets bring you joy?
- What gives you hope?
- Who do you talk to when you are upset?
- What gives you strength?



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**Figure 2.** The well-being pyramid illustrates the hierarchy of domains to be addressed for restoring well-being. (From *Dementia Beyond Disease: Enhancing Well-Being*, by G. Allen Power. Published by Health Professions Press. Copyright (c) 2014 by Health Professions Press, Inc. All rights reserved. Reprinted by permission.)

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## Whose Domains of Well-Being do we need to support?

- Residents
- Staff
- Family members
- . . .



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How will you bring each  
of these  
Domains of Well-being  
to life for people living in your  
community?



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# THANK YOU

Questions?



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## Alzheimer's Disease & Dementia Care Workshop



**Jefferson City**





**St. Louis**


Tuesday, October 15

Wednesday, October 16


Program developed by the National Council of Dementia Care Practitioners (NCCDP)  
Your path to becoming a Certified Dementia Practitioner (CDP)

[www.momc5.com](http://www.momc5.com)

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Learn More about the Domains of Well-Being and much more!



Green House + Pioneer Network Together  
Grand Rapids, MI  
November 11-13

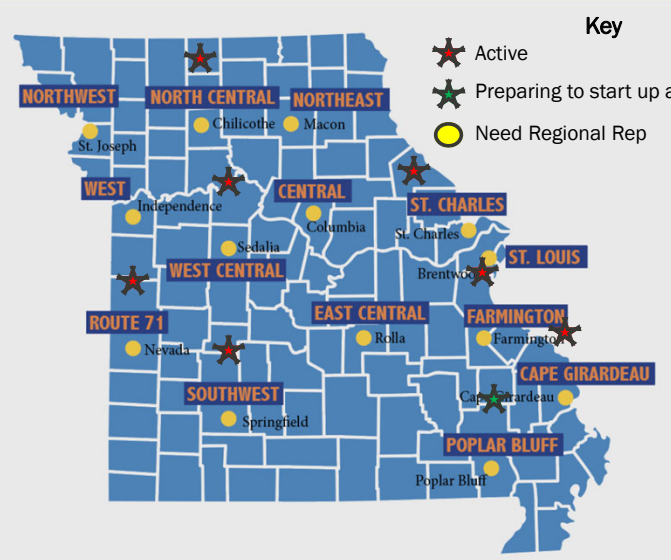
Check out the Resource Library

Lots of tools, most are free!




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## Get Involved!



**Key**

- ★ Active
- ★ Preparing to start up again
- Need Regional Rep



Annual One-Day Seminars  
Statewide Webinars  
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Regional Meetings

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