



UK Dementia Congress 2007

Feelings Come First

- 'Challenging' behaviour is an expression of needs and behaviours

“I would be walking round in circles and doing anything to try and get rid of the feeling inside”

David M Sheard, Director

In partnership with the Alzheimer's Society Quality Care Team and working with the Division of Health & Social Care, University of Surrey

ANCIENT CHINESE PHILOSOPHY

FIVE BASIC EMOTIONS

ANGER

FEAR

GRIEF

LOVE

JEALOUSY

STONE AGE TRIBE PAPUA NEW GUINEA

- ANGER
- FEAR
- SADNESS
- HAPPINESS
- DISGUST

© Paul Ekman – Study of 'The Fore'

EIGHT PRIMARY HUMAN EMOTIONS

- ANGER
- FEAR
- SADNESS
- DISGUST
- SURPRISE
- CURIOSITY
- ACCEPTANCE
- JOY

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FACING OUR OWN FEAR

- Many of us will spend our lives designing our lives to avoid behaviours we find difficult.
- Working in dementia care it is not possible to then live a life avoiding behaviours we find difficult.
- The labelling of behaviours throughout people in society stems from people's fear.

A MIRROR TO OUR OWN ANGER

- The mirror behaviours in other people holds up to us all is we equally have the capacity to harm others when experiencing intense feelings.
- Fear of behaviours is often a fear in ourselves of the potential to express similar feelings in the past, now or in the future with or without a dementia.

GRIEF AT SOME LOSS OF FUNCTIONING HAS TO ACKNOWLEDGE:

- Behaviours in us all always stem from an initial feeling
 - Being deliberate requires our thinking capacity to be functioning
 - Being deliberate and experiencing a dementia are incompatible
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CURIOSITY IN HOW THE BRAIN WORKS LEADS TO UNDERSTANDING:

- The traffic light analogy needs to be understood by all staff and families:

Red = Feelings

Amber = Thinking

Green = Actions

ACCEPTANCE OF DIFFERENCE IS CRITICAL

- Believing traffic light analogy – amber light – thinking – not working is critical to understanding feelings expressed as behaviours in people experiencing a dementia

LOVING PEOPLE AS THEY ARE

- Being prepared to 'rescue' people from their behaviours is the beginning of demonstrating that FEELINGS MATTER MOST

- Being person centred is all about your feelings from now on

EMOTIONS IN DEMENTIA CARE

6 key emotions focused on by Dementia Care Matters

Facing our own FEAR

Seeing the mirror to our ANGER

Acknowledging GRIEF at loss of functioning

CURIOSITY in how brain works

ACCEPTANCE of difference

LOVING people as they are
