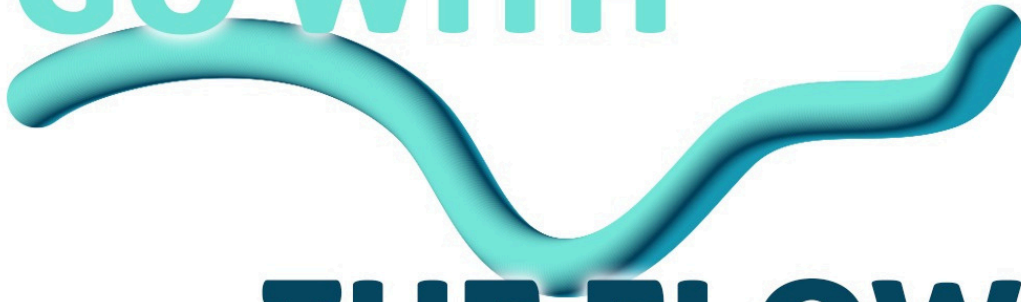


GO WITH



THE FLOW

Connecting through creativity

WORKSHOP HANDBOOK

**INTRODUCTION TO APPLIED
IMPROVISATION
WITHIN DEMENTIA CARE**

ALAN BOULTER

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“EACH PERSON
EXPERIENCES
DEMENTIA IN
THEIR OWN WAY”

- ALZHEIMERS DISEASE INTERNATIONAL -

CHAPTER ONE

WELCOME

WHO WE ARE AND WHAT WE HOPE
TO ACHIEVE

TIMETABLE

Time	Session content
30 Minutes (Approx)	<p style="text-align: center;"><u>Welcome to the workshop – Theory.</u></p> <ul style="list-style-type: none">• Introduction to the workshop.• Workshop learning outcomes.• What is applied improvisation.• Why improvisation is important within dementia care.• The principles, techniques and guidelines of improvisation. <p>Learning Methods: Power point presentation, Video, Note taking and Group discussions.</p>
30 Minutes (Approx)	<p style="text-align: center;"><u>Dementia Superhero – Introduction activity.</u></p> <ul style="list-style-type: none">• Explore what skills are needed to be with and communicate with an individual living with dementia and cognitive impairment.• Start to think creatively.• Start to think outside of the box.• Create a relaxed environment where all participants share ideas.• Encourage participants to share ownership for the learning environment of the workshop.• Foster a productive and safe learning environment. <p>Learning Methods: Arts and Crafts, Small group work, Group discussions.</p>
30 Minutes (Approx)	<p style="text-align: center;"><u>Yes And... Technique – Improvisation activity one.</u></p> <ul style="list-style-type: none">• Learn what the “Yes and...” technique is.• Learn how to use the “Yes and...” technique.• Learn to step into another’s reality.• Learn to be clear and specific when communicating.• Learn how to validate what the other person is saying. <p>Learning Methods: Large group activity, Group discussions.</p>
30 Minutes (Approx)	<p style="text-align: center;"><u>What’s in the box – Improvisation activity two.</u></p> <ul style="list-style-type: none">• Learn how to step into another’s reality.• Learn how to deal with flexibility.• Learn to be clear and specific when communicating.• Learn to deal with unexpected twists and turns in the story.• Using the “Yes and...” technique. <p>Learning Methods: Large group activity, Group discussions.</p>

01 WELCOME TO THE WORKSHOP

BE READY TO LEAVE YOUR REALITY BEHIND
AND GO ON AN ADVENTURE WITH THE
INDIVIDUALS IN YOUR CARE

Dear workshop participant,

I am delighted to welcome you to this *introduction to applied improvisation within dementia care* workshop.

Dementia care is a challenging yet rewarding role for anyone who takes on this important task. Our intention with this workshop is to introduce both health care professionals and non-health care professionals to the principles and techniques of improvisation to help them navigate what is often an unpredictable and stressful journey.

I hope that you find this workshop both informative and helpful for your role as a carer of those living with dementia but most importantly I hope that you have fun during your time with us knowing that you are striving to create a more engaging experience for the individuals in your care.

During your time on this workshop, you will be building on your skills/knowledge and experience of communicating with individuals who live with dementia and cognitive impairment by using the guidelines of improvisation.

Over the last decade improvisation training has become an important learning tool for the healthcare industry including GP training however those working in the care home sector and friends/relatives have yet to be given the chance to explore this important tool which we hope to change by using this newly created workshop.

This workshop seeks to push past the status quo with bold and progressive ideas by challenging deeply ingrained assumptions and traditional methods of dementia care training.

This handbook is intended to introduce you to main topics of this workshop as well as offer further information to read through when you leave us today.

Thank you for coming on this journey with us today and welcome!

Alan Boulter

Workshop Leader
Alan.boulter@connectingthroughcreativity.com

ABOUT US

ON A MISSION TO INTRODUCE HEALTH CARE PROFESSIONALS AND NON-HEALTH CARE PROFESSIONALS IN THE UK TO THE PRINCIPLES AND TECHNIQUES OF IMPROVISATION WITHIN DEMENTIA CARE

Go With The Flow - Connecting through creativity was created by Alan Boulter in summer of 2024.

We are on a mission to bring the principles and techniques of improvisation to those caring for individuals living with dementia and cognitive impairment.

In 2023 after working as a stage manager for the past 20 years across the UK and Europe on various productions such as *Disney's The Lion King, Jersey Boys* and *Blood Brothers*, Alan decided he wanted to change careers into a more rewarding and personally satisfying role in the care sector.

In October 2023 Alan started working as a health care assistant at the *Old Vicarage Care Home* in oxfordshire and then went on to complete his dementia champion training with the university of Worcester in May 2024.

As part of this dementia champion training course, Alan was given the task of creating a project that would improve the lives of those living with dementia within his care home and those further afield.

Alan wanted to create a project that combined the skills that he had learnt within his previous profession with his new love of person centred dementia care.

After lots of hard work brainstorming and researching person centred dementia care within the UK, *Go With The Flow - Connecting through creativity* was born.

While researching the use of improvisation training within the healthcare sector in the UK, Alan made a very disappointing discovery.

Although training in the principles and techniques of improvisation has gained popularity since the late 1990s, especially in organisations such as the NHS in their training of doctors and GPs, it became obvious that health care professionals and non-health care professionals within the care home sector were being denied the opportunity to explore and learn this important tool. The use of improvisation training within dementia care in care homes is pretty much non-existent.

After completing his care certificate in January 2024, Alan soon realised that the 15 care standards failed to even touch on the subject of the skills needed to communicate with those living with dementia and cognitive impairment.

Thinking creatively and outside of the box is not a skill that everyone possess and therefore it is more important than ever that those caring for individuals living with dementia in care homes across the UK and those caring for friends/relatives at home are given the chance to learn the principles and techniques of improvisation.

By creating this workshop, we hope to slowly change the way that those caring for individuals living with dementia and cognitive impairment are trained.

VISION

A world in which all those caring for individuals living with dementia and cognitive impairment are able to use the principles and techniques of improvisation and are able to confidently meet the individual in their reality.

“Creating an environment in which the individual is respected, heard and never corrected”

“Enabling the care giver to connect through creativity and become a more empathetic carer”

MISSION

Delivering a creative workshop to health care professionals and non-health care professionals. Teaching the benefits of using the principles and techniques of improvisation within dementia care.

GOAL

All care professionals in care homes across the UK who care for those living with dementia and friends or relatives of individuals living with dementia to be able to use the principles and techniques of improvisation and feel confident in entering the reality of the individual.

“Not be afraid to have a sense of humour, be willing to act and relax knowing that you are creating a more engaging experience”

“Empowering and motivating others towards the shared goal of improving person-centred dementia care”

EMPOWER OTHERS, SHOW COMPASSION AND MAKE A DIFFERENCE

Understanding and empathising with the experiences and challenges of others, without judgement or assumptions. Pushing past the status quo with bold and progressive ideas. Being curious and challenging the deeply ingrained assumptions of traditional methods of dementia care.

SUMMARY

CHAPTER 1

At the end of this chapter you should understand:

- Who we are.
- Our Vision, Mission and Goal.
- Our values - Empower others, Show compassion and Make a difference.
- What we hope to achieve.

Pause and reflect...

Why do you think that it is important to be able to step into an individuals reality and why do you believe a lot of people find this difficult?

CHAPTER TWO

IMPROV VS APPLIED IMPROV

WHAT IS APPLIED IMPROVISATION

“DEMENTIA IS NOT
A NORMAL PART
OF AGEING”

- ALZHEIMERS SOCIETY -

02 IMPROV VS APPLIED IMPROV

WHAT IS APPLIED IMPROVISATION AND HOW IS IT USED

When first discussing the idea of creating a workshop based around using the techniques of improvisation within dementia care I was met with a lot of nervous looking faces.

People automatically assumed that they would be required to stand on a stage in front of an audience and act out scenes from a play.

Everyone started to conjure up past mental images of being stuck in a improvisation drama lesson at school which understandably was not everyone's cup of tea.

It is therefore important to look at the differences between “improvisation” which you see happening on a stage in a theatre with a paying audience and performed by professionally trained actors and “applied improvisation” which the majority of people have never heard of.

There are many reasons that this term is not well known amongst the general population. This could be down to the fact that it is a relatively new term or just the fact that people working within care homes in the UK are not given the chance to take part in creative training that will enable them to think outside of the box when communicating with individuals living with dementia.

IMPROVISATION

Improvisation is a form of theatre performance that is unplanned, unscripted and forces the actors to “go with the flow” while they deal with the unexpected twists and turns within the dialogue and story that they are acting out without the use of a written script.

Improvisation was first used professionally in the 16th century in Italy by Commedia Dell’Arte where the actors improvised stories and scenes using the Commedia Dell’Arte characters.

There are also records that can be found on ancient vases that show improvisation having been used as early as the 4th century BC in the Attelan Farces in Ancient Rome which remained popular for more than 500 years.

“In all likelihood, improvisation began in prehistory, with two cave people trying to explain to another cave person what they were doing in each other’s cave beds.”

- The National Theatre London -



Improvisation became popular in the 20th century within the vaudeville routines where the actors would often ask the audience for suggestions to improvise.

Improvisation exercises were developed further throughout the 40s, 50s and 60s by Viola Spolin an important american theatre academic and educator. During this time Viola developed specific techniques to be able to do and teach improvisation.

As well as theatre, the film industry has embraced the principles and techniques of improvisation to enable to “Capture Reality”.

“APPLIED” IMPROVISATION

Applied improvisation takes the principles and techniques of improvisation into a non-theatre setting or industries such as business, technology, finance and education to improve it's work force's skills in collaboration, communication, creativity and team building.

Applied improvisation is currently being used as a valuable training tool across all areas of public and private healthcare for professionals at all levels to improve communication, active listening and teamwork.

However the use of applied improvisation as a training tool within dementia care has still yet to gain traction within the UK for both health care professionals and non-health care professionals.

We hope to change this with the creation of this workshop.



Applied improvisation uses the principles and techniques of improvisational theatre in a non-theatre setting.

The use of improvisation can result in personal and professional development, team building, creativity, innovation, well being and change.

- Applied improvisation network -

SUMMARY

CHAPTER 2

At the end of this chapter you should understand:

- What improvisation is.
- What is meant by the term “applied” improvisation.
- This differences between improvisation and “applied” improvisation.
- How “applied” improvisation is used and by whom.

Pause and reflect...

Have you ever seen or heard of the principles and techniques of improvisation being used as part of training within dementia care?

CHAPTER THREE

WHY IMPROVISATION

WHY IMPROVISATION IS IMPORTANT WITHIN
DEMENTIA CARE

03 WHY IMPROVISATION

WHY IMPROVISATION IS AN IMPORTANT TOOL FOR CARERS OF THOSE LIVING WITH DEMENTIA AND COGNITIVE IMPAIRMENT.

For both the individual living with dementia and the carer of the individual, the experience of living through this terrible disease can be frustrating, nerve racking and extremely upsetting.

When the disease reaches the point that the individual begins to struggle with their cognitive abilities and the carer starts to struggle with how to communicate with their friend or loved one, the principles and techniques of improvisation can provide a powerful tool in which to guide the carer through the most difficult of situations.

It wasn't until recently that it had become general knowledge that the guidelines for improvisation and those for being with an individual living with dementia are identical.

Although improvisation training is being offered within health care sectors such as GP training, it is still not being offered to those working within care homes across the UK and those who are looking after friends or relatives that are living with dementia and cognitive impairment.

Not only are those working within care homes not being given the chance to explore and learn this powerful tool but also the relatives and friends who would benefit greatly in how to communicate with their loved one in a more person-centred and engaging way.

Although there are no set In stone rules for communicating with an individual who lives with dementia and cognitive impairment, there are however guidelines that we can follow that not only ensure the individual lives well with dementia and experiences a more engaging experience but also ensures that the carer of the individual offers a more person-centred approach and becomes a more empathetic carer.

The **guidelines** you will look at during this workshop are:

- Don't argue with the individual.
- Accept the reality given to you by the individual.
- Silence can be powerful.
- Say "Yes and..."
- Listen fully.
- Be clear and specific
- Go with the flow

By using these **guidelines** you can:

- Create another avenue for communication for those individuals that struggle with verbal communication.
- Create a more engaging experience for the individual
- Reduce anxiety and agitation for the individual and help them to manage these emotions.
- Improve the mood and general well-being of the individual.
- Ensure the individual stays connected to the world around them and avoids them becoming isolated due to their cognitive and communication impairment.



“Improvisation teaches the importance of support through true listening”.

- ROB SCHIFFMANN -

SUMMARY

CHAPTER 3

At the end of this chapter you should understand:

- Why improvisation is an important tool to use within dementia care.
- The 7 guidelines of improvisation that will be looked at during this workshop.
- The positive outcomes of using the principles and techniques of improvisation.

Pause and reflect...

What other positive outcomes do you think could come from using the principles and techniques of improvisation within your role as a carer of an individual that lives with dementia and cognitive impairment?

CHAPTER FOUR

THE GUIDELINES

THE PRINCIPLES AND TECHNIQUES OF
IMPROVISATION

“A STANDING OR
STATUS THAT IS
BESTOWED UPON
ONE HUMAN
BEING, BY
OTHERS, IN THE
CONTEXT OF
RELATIONSHIP
AND SOCIAL
BEING. IT IMPLIES
RECOGNITION,
RESPECT AND
TRUST.”

- TOM KITWOOD -

04 THE GUIDELINES OF IMPROV

WHAT ARE THE PRINCIPLES AND TECHNIQUES OF IMPROVISATION.

There are no set in stone rules when it comes to communicating with an individual that lives with dementia and cognitive impairment.

However the principles and techniques of improvisation offer the carer a powerful set of guidelines for creating a more engaging experience and ensuring the individual lives well with the disease.

During this workshop we will be focusing on 7 core guidelines that we believe are relevant to being with and communicating with an individual that lives with dementia and cognitive impairment.

The journey that the carer and the individual go on together will bring with it many tricky situations and issues. The carer will need to adapt the way that they care for and communicate with the individual as the disease progresses.

However we believe that by training carers the guidelines of improvisation within a safe and supportive environment such as this workshop, we can ensure that the individual in your care lives life to the full no matter what stage they are at on their dementia journey.

The Guidelines

1. Don't argue with or contradict the individual in your care.
2. Accept the reality given to you by the individual.
3. Silence can be just as powerful as any other communication.
4. Say "Yes and..." and validate the individual in your care.
5. Listen fully to the individual in your care by using more than just your ears.
6. Be clear and specific when communicating with the individual in your care.
7. Go with the flow and don't be afraid to go on an adventure.



DON'T ARGUE

Never argue with or contradict the individual in your care that lives with dementia and cognitive impairment.

Agree with them, accept the blame and remember to never take it personally.

ACCEPT THE REALITY

Step into the individual's reality and validate what they are seeing, hearing and thinking.

By leaving our own reality behind we can create positive relationships and avoid the individual becoming anxious, confused, agitated and isolated.



SILENCE CAN BE POWERFUL

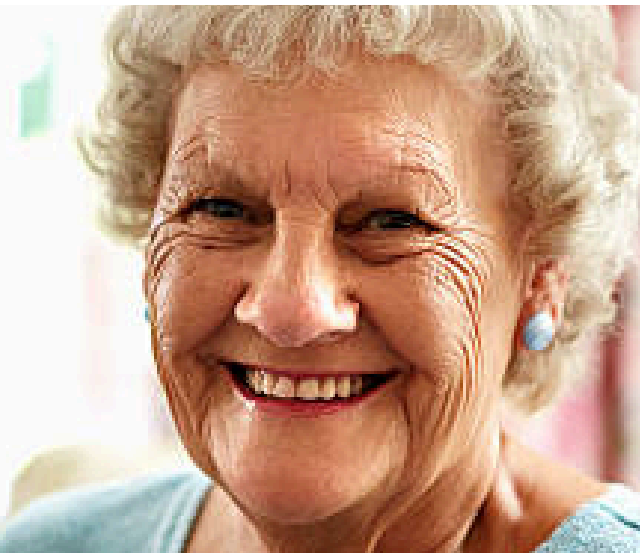
Silence can be just as powerful as any verbal communication.

Stand in silence, hand in hand creating a special connection and give the individual in your care time for thoughts to be heard.

SAY “YES AND...”

Individuals living with dementia are constantly hearing the words “no” and “but” when communicating with others.

Use the “Yes and...” technique to enable communication to flow and create positive connections and relationships.



LISTEN FULLY

Listen fully to the individual in your care with more than just your ears.

Pay attention to body language and speed/tone of voice.

Trust your gut instinct if you believe something may be wrong.

BE CLEAR AND SPECIFIC

Be clear and specific when communicating with the individual in your care.

The style of communication that you use will need to change as the dementia progresses. Always remember that good communication is a big part of living well with dementia.



GO WITH THE FLOW

Don't be afraid to go on a journey with the individual in your care.

The twists and turns of the journey are endless, be apart of that journey and enjoy every moment!.

SUMMARY

CHAPTER 4

At the end of this chapter you should understand:

- The 7 guidelines of improvisation.
- What each guideline means.
- How each guideline can be used within your role as a carer of an individual with dementia.

Pause and reflect...

Think of an individual that you care for and who lives with dementia and cognitive impairment.

How may you communicate with them differently now that you know what the guidelines of improvisation mean?

CHAPTER FIVE

DEMENTIA SUPERHERO

WHAT SKILLS DOES A DEMENTIA
CAREGIVER NEED



INTRODUCTION ACTIVITY

DEMENTIA SUPERHERO

To enable the workshop participant to think about what skills are needed to communicate with an individual that lives with dementia and cognitive impairment.

By using arts and crafts participants can start to think creatively and outside of the box.

ACTIVITY

Participants to be placed into small groups of 2 or 3 people.

By using the superhero picture and a box of arts and crafts, each small group will create and design their own “Dementia Superhero”.

Each small group will give their “Dementia Superhero” a name and a super power (skill) that they believe is important when being with and communicating with an individual living with dementia and cognitive impairment.

SKILLS USED

- Team building.
- Communication.
- Active listening.
- Collaboration.
- Interpersonal skills.
- Open mindedness.

LEARNING OUTCOMES

- Explore what skills are needed as a carer of an individual living with dementia and cognitive impairment.
- Think creatively and outside of the box in preparation for the improvisation activities.
- Create a relaxed, trusting and positive environment where participants can share ideas and participate more fully in the workshop.
- Prepare participants for the collaborative group work within the improvisation activities.
- To energise and motivate workshop participants.

TITLE:

Dementia Superhero

LED BY:

Workshop leader

TIME:

Approx. 30 minutes

MATERIALS:

Superhero picture and Arts and Crafts

PRIOR KNOWLEDGE:

None

ASSESSMENT:

Group discussion

SUITABLE FOR:

Health care professionals and non - health care professionals

METHOD:

Small group work

“PEOPLE IN
LOWER
SOCIOECONOMIC
GROUPS IN THE UK
ARE EXPOSED TO
A HIGHER RISK OF
DEVELOPING
DEMENTIA, AND
MAY FACE
ADDITIONAL
BARRIERS SUCH
AS LIMITED
ACCESS TO
HEALTHCARE
SERVICES”

- ALZHEIMERS RESEARCH UK -

CHAPTER SIX

IMPROVISATION ACTIVITIES

LEARN HOW TO USE THE PRINCIPLES AND
TECHNIQUES OF IMPROVISATION WITHIN
DEMENTIA CARE

YES!

YES!

YES!

IMPROVISATION ACTIVITY ONE **YES AND.. TECHNIQUE**

To introduce the workshop participants to the
“Yes and...” technique.

By using scenario cards, participants can practice using the technique
in a safe and supportive environment.

ACTIVITY

Each member of the group gets given a scenario card.

The scenario card will give the participant a scenario and a statement or question that the individual may communicate to their carer.

The participant will read out what's on their scenario card and each member of the group has to answer using the "Yes and..." technique.

GUIDELINES USED

- Using the "Yes and..." technique.
- Accepting the reality given to you.
- Be clear and specific in your communication.
- Don't argue or contradict the individual.
- Go with the flow.

LEARNING OUTCOMES

- To learn how to use the "Yes and..." technique in a safe and supportive environment.
- Practice accepting the reality given to you by the individual.
- Practice being clear and specific in your communication with the individual.
- Learn not to contradict the individual.
- Not be afraid to go along with the individual and their story.

TITLE:

Yes and... technique

LED BY:

Workshop leader

TIME:

Approx. 30 minutes

MATERIALS:

Scenario cards

PRIOR KNOWLEDGE:

None

ASSESSMENT:

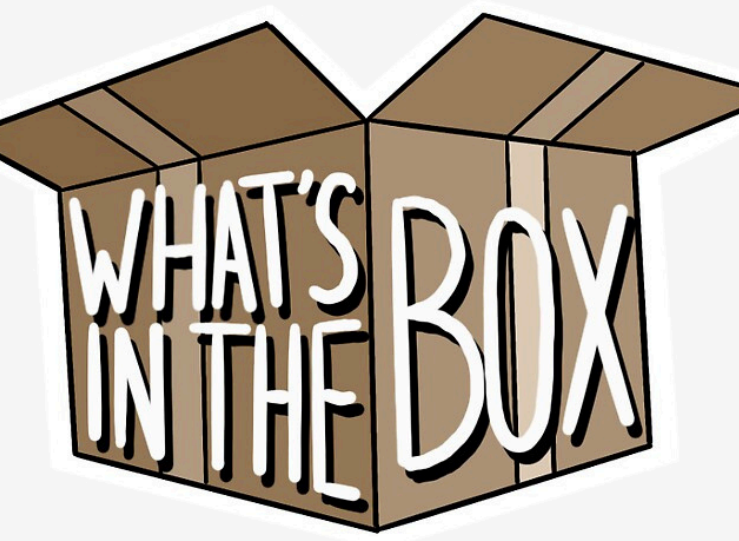
Group discussion

SUITABLE FOR:

Health care professionals and non - health care professionals

METHOD:

Large group work



IMPROVISATION ACTIVITY TWO

WHAT'S IN THE BOX?

To develop workshop participant's skills in stepping into the reality of an individual that lives with dementia and cognitive impairment.

By taking part in this activity participants can practice dealing with the flexibility needed when communicating with individuals in their care.

ACTIVITY

Each member of the group takes it in turns to stand in front of the group holding the empty box.

They move around the group and ask each person “Whats in the box ?”.

Each person responds with an answer that is obviously unbelievable and not true.

The group member has to step into the other persons world and keep the conversation going for as long as possible using the guidelines of improvisation.

GUIDELINES USED

- Accepting the reality given to you.
- Be clear and specific in your communication.
- Using the “Yes and...” technique.
- Don’t argue or contradict the individual.
- Go with the flow.

LEARNING OUTCOMES

- Practice accepting the reality given to you by the individual.
- Practice being clear and specific in your communication with the individual.
- Validate what the individual is saying.
- Not be afraid to go along with the individual and their story.
- Practice dealing with the twists and turns within the story of the individual.

TITLE:

What’s in the box?

LED BY:

Workshop leader

TIME:

Approx. 30 minutes

MATERIALS:

Empty wooden box

PRIOR KNOWLEDGE:

None

ASSESSMENT:

Group discussion

SUITABLE FOR:

Health care professionals and non - health care professionals

METHOD:

Large group work

SUMMARY

CHAPTERS 5 & 6

At the end of these chapters
you should understand:

- The skills that are important for a carer of an individual that lives with dementia and cognitive impairment.
- What the “Yes and...” technique is and how to use it in your role as a carer when communicating with the individuals in your care.
- How to leave your reality behind and step into the world of the individual in your care.

Pause and reflect...

Are there any situations in the past where you could have used the “Yes and...” technique to achieve a better outcome?

CHAPTER SEVEN

THE ENRICHED MODEL OF DEMENTIA

WHAT ROLE DOES IMPROVISATION PLAY
IN SUPPORTING THE ENRICHED MODEL
OF DEMENTIA

ENRICHED MODEL OF DEMENTIA CARE

$$D = NI + H + B + P + SP$$

- **D** = EXPERIENCE OF DEMENTIA
- **NI** = NEUROLOGICAL IMPAIRMENT
- **H** = HEALTH
- **B** = BIOGRAPHY
- **P** = PERSONALITY
- **SP** = SOCIAL PSYCHOLOGY

By understanding **NI + B + P**

and

By optimising **H + SP**

We can help people live well with dementia.

07 THE ENRICHED MODEL OF DEMENTIA

WHAT ROLE DOES IMPROVISATION PLAY IN SUPPORTING THE ENRICHED MODEL OF DEMENTIA

Enriched model of dementia.

The enriched model of dementia was developed in 1997 by Tom Kitwood.

Its purpose was to change the way in which we think about caring for and communicating with an individual that lives with dementia and to recognise the “personhood” of that individual.

The model explained.

The model consists of the five factors that affect how well an individual lives with dementia:

1. Neurological Impairment
2. Physical Health
3. Biography
4. Personality
5. Social Psychology

Social Psychology and Improvisation.

It is an upsetting fact that individuals living with dementia are still experiencing stigma, are not listened to and are not having their thoughts and feelings validated by those caring for them.

Social Psychology shows us that how we interact with an individual can have a huge effect on that individual's psychological well being.

Improvisation sets out to support social psychology by creating positive relationships, communication and interactions between the individual and their carer.

FACTORS OF THE MODEL

Neurological Impairment

How does dementia effect the individual?

Physical Health

What other illnesses or disabilities does the individual have?

Biography.

What is the life story of the individual?

Personality

What is the personality trait of the individual?

Social Psychology

Does the individual have positive relationships and interactions with others?

SUMMARY

CHAPTER 7

At the end of this chapter you should understand:

- What the enriched model of dementia is.
- The purpose of the enriched model of dementia.
- The five factors that make up the model.
- What is meant by social psychology.
- How improvisation supports social psychology.

Pause and reflect...

Think of an individual that you care for and who lives with dementia and cognitive impairment.

How may you care and communicate with them differently now that you know the factors that make up the enriched model of dementia?

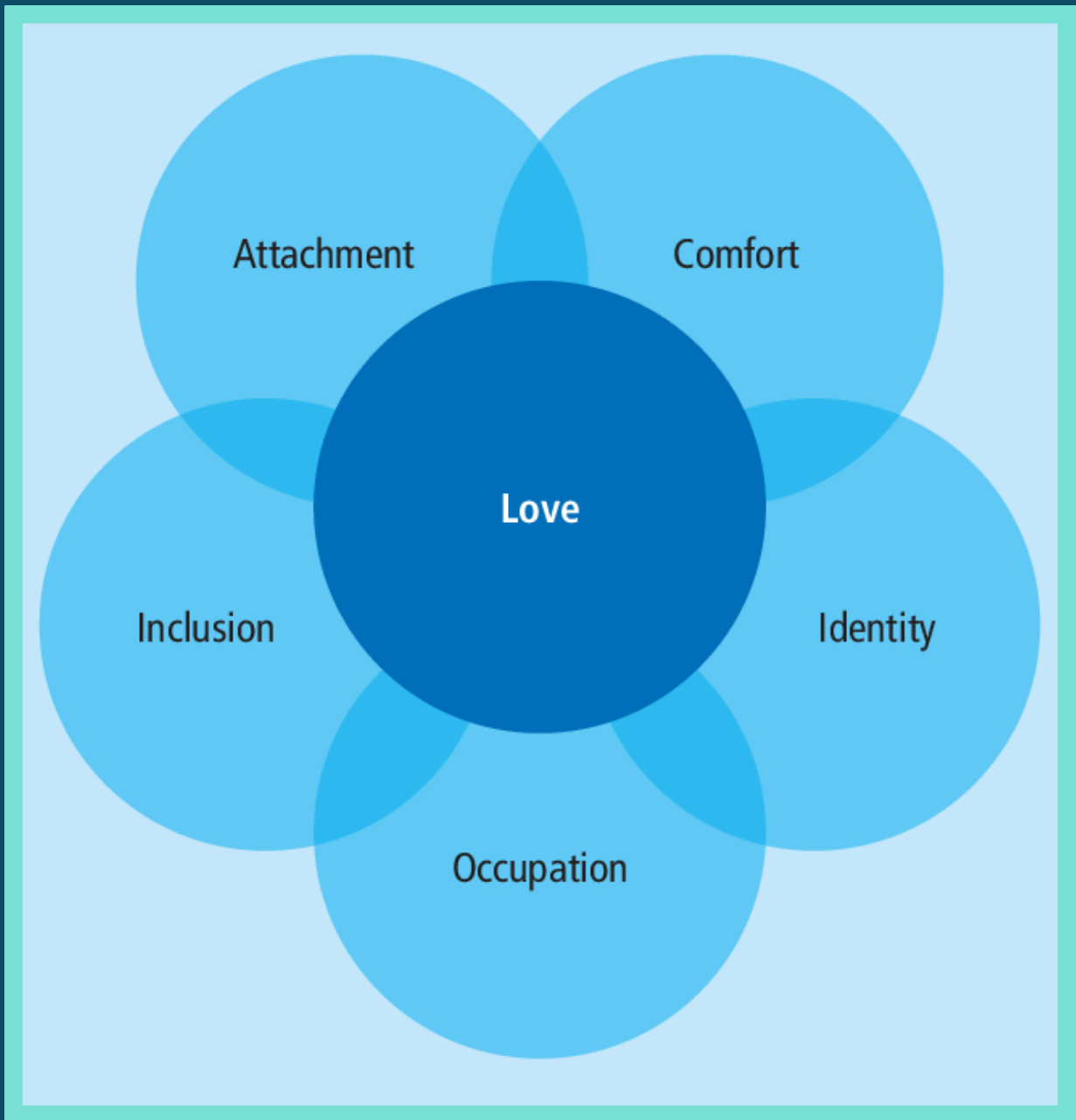
“PERSONHOOD
IMPLIES
RECOGNITION,
RESPECT AND
TRUST”

- TOM KITWOOD -

CHAPTER EIGHT

KITWOOD'S FLOWER

HOW DO THE PRINCIPLES AND TECHNIQUES OF IMPROVISATION SUPPORT THE PSYCHOLOGICAL AND SOCIAL HUMAN NEEDS OF THOSE LIVING WITH DEMENTIA.



**TOM KITWOOD'S FLOWER OF
PSYCHOLOGICAL
AND SOCIAL HUMAN NEEDS.**

08 KITWOOD'S FLOWER

HOW DO THE PRINCIPLES AND TECHNIQUES OF IMPROVISATION SUPPORT THE PSYCHOLOGICAL AND SOCIAL HUMAN NEEDS OF THOSE LIVING WITH DEMENTIA.

Kitwood's flower

The flower of psychological and social human needs was created by Tom Kitwood.

It was developed to emphasise and show the six factors that need to be met in all individuals to maintain a good sense of well-being.

During his research, Kitwood discovered that too many individuals living with dementia were being seen purely through medical terms which led them to being seen as objects with no personhood or not receiving person centred care.

Love

Improvisation creates engaging connections where the individual feels loved and accepted.

Attachment

Improvisation ensures that the individual feels connected to a person by creating positive relationships.

Comfort

Improvisation gives the opportunity for the individual to be able to bond with another person and have a sense of closeness.

Inclusion

Improvisation ensures that the individual is included and avoids them becoming isolated due to their cognitive impairment.

01

LOVE

Everybody needs to be loved and to love someone; being loved and accepted is part of our need for survival.

02

ATTACHMENT

Our connections in life are also crucial to our feelings of well being. Everyone wants to feel connected to something, or someone.

03

COMFORT

To have a sense of closeness, being able to bond with others.

04

INCLUSION

Want to be a part of something. If we feel left out then it makes us feel bad.

SUMMARY

CHAPTER 8

At the end of this chapter you should understand:

- What Kitwood's flower is.
- The purpose of Kitwood's flower.
- The six factors that make up Kitwood's flower.
- What is meant by Love, Attachment, comfort and Inclusion.
- How improvisation supports Kitwood's flower.

Pause and reflect...

Think of an individual that you care for and who lives with dementia and cognitive impairment.

How may you care and communicate with them differently now that you know the factors that make up Kitwood's flower?

“YOU MAY SHARE
THE SAME
MEMORIES FROM
YOUR YOUTH WITH
US TIME AND TIME
AGAIN, BUT THE
SHEER JOY YOU
SHOW IN TELLING
THOSE STORIES
WITH SUCH A BIG
SMILE GOES
BEYOND MAKING
UP FOR THE LOSS
OF NEW STORIES”

- RENEE FRY -

CHAPTER NINE

POSITIVE PERSON WORK

HOW DOES IMPROVISATION HELP TO BUILD
POSITIVE PERSON WORK.

POSITIVE PERSON WORK

Recognition - A person who is recognised by name and acknowledged as a person with unique thoughts, feelings and preferences.

Negotiation - Facilitated through consultation with the person about their preferences in care and their daily lives. Where possible, they are supported to be involved in the decision-making process.

Collaboration - Partnership between the healthcare professional and the person to carry out an activity or task.

Play - The provision of appropriate activity and enablement of self-expression.

Giving - Accepting whatever kindness the person with dementia gives.

Timalation - A form of interaction, such as aromatherapy, which stimulates the senses.

Celebration - Not just during celebratory occasions, such as birthdays or anniversaries, but the person should see their achievements celebrated.

Relaxation - Low level of intensity and recognition that some people may like to relax in solitude.

Validation - Accepting the reality of another even if it is as a result of hallucinations or misperceptions.

Holding - Providing a safe psychological space or environment to enable people to truly express themselves.

Creation - Encouraging the person to be creative, because this can be therapeutic.

Facilitation - Enabling the person to do what otherwise they would be unable to do.

09 POSITIVE PERSON WORK

HOW DOES IMPROVISATION HELP TO BUILD POSITIVE PERSON WORK

Positive person work.

Thomas Kitwood described positive person work as positive interactions that promote dignity, respect and the uniqueness of a person, working towards a more positive experience for people living with dementia.

Kitwood used positive person work as part of dementia care mapping where organisations such as care homes could examine and challenge the care that they are providing to individuals living with dementia.

Positive person work still remains to this day the cornerstone of best practice in dementia care internationally when it comes to person-centred dementia care.

Recognition.

The principles of improvisation ensure that the individual is respected, heard and their unique thoughts and feelings are validated.

Collaboration.

The techniques of improvisation create a positive and engaging relationship between the carer and individual.

Validation.

The techniques of improvisation ensure that the carer is able to step into the reality of the individual and validate what they are seeing and hearing.

Holding.

The techniques of improvisation create a safe environment for individuals to express their thoughts and feelings without judgement.

01

RECOGNITION

A person who is recognised by name and acknowledged as a person with unique thoughts, feelings and preferences.

02

COLLABORATION

Partnership between the carer and the person to carry out an activity or task.

03

VALIDATION

Accepting the reality of another even if it is as a result of hallucinations or misperceptions.

04

HOLDING

Providing a safe psychological space or environment to enable individuals to truly express themselves.

SUMMARY

CHAPTER 9

At the end of this chapter you should understand:

- What positive person work is.
- The purpose of positive person work.
- The factors that make up positive person work.
- What is meant by Love, Attachment, comfort and Inclusion.
- How improvisation supports positive person work.

Pause and reflect...

Think of an individual that you care for and who lives with dementia and cognitive impairment.

How may you communicate with them differently now that you know the factors of positive person work?

“THOSE WITH
DEMENTIA ARE
STILL PEOPLE,
THEY STILL HAVE
STORIES, THEY
STILL HAVE
CHARACTER, THEY
ARE ALL
INDIVIDUALS AND
THEY ARE ALL
UNIQUE.

THEY JUST NEED
TO BE INTERACTED
WITH ON A HUMAN
LEVEL”

- CAREY MULLIGAN -

CHAPTER TEN

WHEN NOT TO USE THE GUIDELINES

WHEN NOT TO USE THE PRINCIPLES AND
TECHNIQUES OF IMPROVISATION

*Respected, heard
and never corrected*

Most of the time...

10 WHEN NOT TO USE THE GUIDELINES

WHEN NOT TO USE THE PRINCIPLES AND TECHNIQUES OF IMPROVISATION

The aim of using the principles and techniques of improvisation within dementia care is to ensure that individuals living with dementia and cognitive impairment are respected, heard and never corrected.

Although 99% of the time these techniques will provide a powerful tool for carers to use to be able to create a more engaging experience, there will be times that you either wouldn't or shouldn't use them.

It is important as a carer to use your common sense and gut instinct. If something could cause harm or injury to the individual in your care then the you will have to either re-direct or correct the situation until the danger or hazard has been removed.

Examples:

- The individual is at risk of harm or injury.
- There is a risk of harm or injury to others.

SUMMARY

CHAPTER 10

At the end of this chapter you should understand:

- Why it is not always suitable to follow the guidelines.
- Examples of when not to use the guidelines.

Pause and reflect...

Thinking of your role as a carer of an individual living with dementia and cognitive impairment.

What situations or difficulties have you already encountered or think you may encounter in the future where you wouldn't use the guidelines?.

CHAPTER ELEVEN

ADVICE AND SUPPORT

**FURTHER ADVICE AND SUPPORT FOR THOSE
LIVING WITH DEMENTIA AND THOSE CARING
FOR FRIENDS OR RELATIVES**

FURTHER ADVICE AND SUPPORT



DEMENTIA UK

Dementia UK is a charity that provides Admiral Nurses for families affected by dementia.

www.dementiauk.org



ALZHEIMERS SOCIETY

The UK's leading dementia charity, giving help and hope to people living with dementia today and in the future.

www.alzheimers.org.uk



ALZHEIMERS RESEARCH UK

Alzheimer's Research UK are the UK's leading Alzheimer's research charity aiming to find a cure for dementia.

www.alzheimersresearchuk.org



YOUNG DEMENTIA NETWORK

The Network informs & connects people affected by, or interested in young onset dementia.

www.youngdementianetwork.org

FURTHER ADVICE AND SUPPORT



THE LEWY BODY SOCIETY

The only charity in the UK – and the first in Europe – dedicated exclusively to Lewy body dementia.

www.lewybody.org



AGE UK

UK's largest charity dedicated to helping people make the most of later life. It provides services and support.

www.ageuk.org.uk

RDS

RARE DEMENTIA SUPPORT

Rare Dementia Support offers specialist social, emotional and practical support services.

www.raredementiasupport.org



THE BRAIN SOCIETY

Helping anyone affected by a neurological condition to pick up the pieces so they can rebuild their lives and achieve their potential.

www.thebraincharity.org.uk

FURTHER ADVICE AND SUPPORT



DEMENTIA CONCERN

Dementia Concern supports people with dementia and their carers to live as independently as possible.

www.dementiaconcern.co.uk



REMIN UK

independent charity focused on essential research and providing support for people with dementia.

www.reminduk.org



DEMENTIA TRUST

To improve the public understanding of dementia, which it has done through the support of research and teaching.

www.dementiustrust.org



NHS - DEMENTIA GUIDE

Living with dementia can be challenging and stressful. But there is support available from the NHS and your local council to help you and your family.

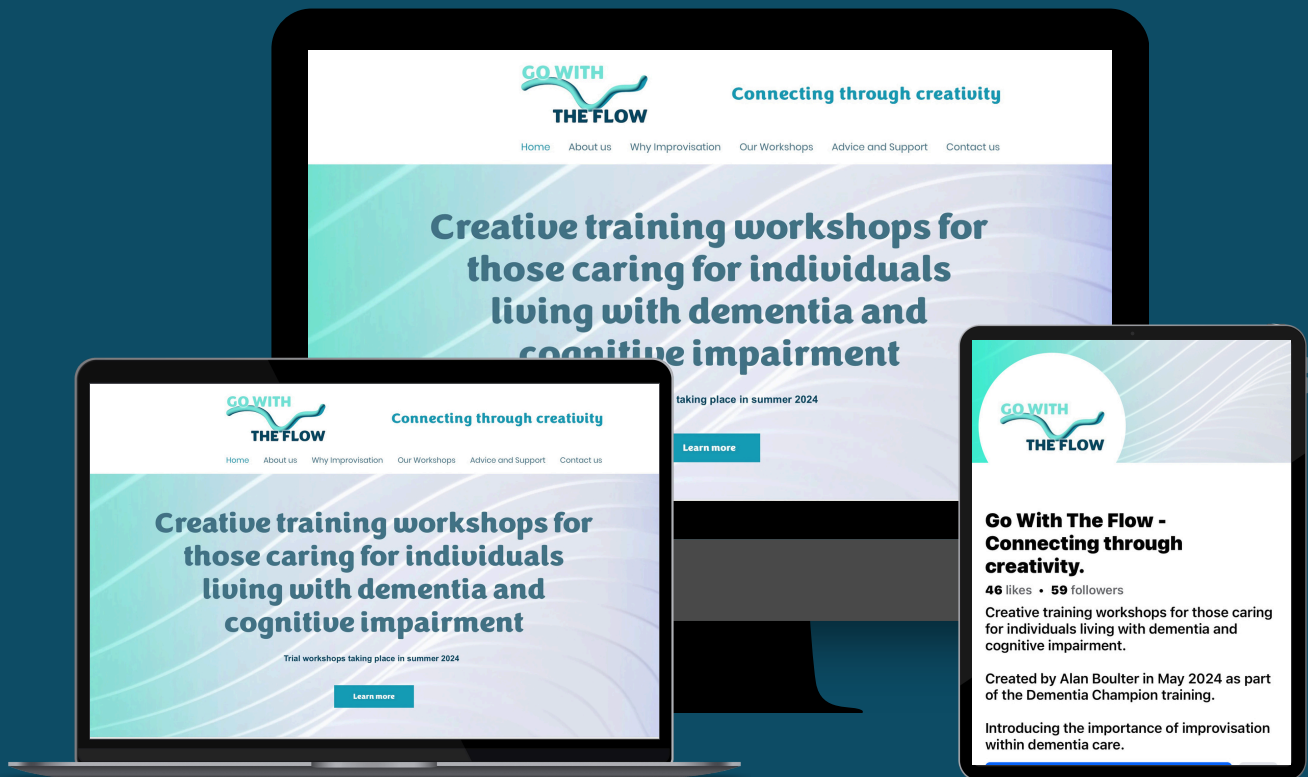
www.nhs.uk/conditions/dementia

CHAPTER TWELVE

FURTHER INFORMATION

FURTHER INFORMATION TO CONTINUE
YOUR RESEARCH AND STUDY

FURTHER INFORMATION:



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CHAPTER THIRTEEN

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HANDBOOK COPYRIGHT

CURRENTLY 55
MILLION PEOPLE
HAVE DEMENTIA
WORLDWIDE

- WORLD HEALTH ORGANISATION -

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