Bucket List Program (BLiP) on the horizon, heralding a new age of person-centred aged care
“It has become imperative to change the ‘master narrative’ of living with dementia that has consisted of ‘loss’, ‘failure’ and ‘meaningless existence’ and substitute it with more positive discourse and visual images.” [5]

Is this possible in RACFs?
Goals

• To Improve the lifestyle and quality of life of residents and especially those living with dementia.

• To Ensure the stigma and isolation associated with dementia can be eliminated and replaced with understanding, Respect, awareness, and agency (for effective policies, from early diagnosis to end of life).
Objectives

• To foster aspirations and autonomy by empowering identification of Bucket List goals.
• To build self esteem by engendering purpose, self worth and achievement in helping each other reach goals.
• Create social networks and social inclusion
Methodology

• A range of approaches and techniques were used based on the findings of the literature review including:

• **Narrative enquiry** combined with **person hood** which enabled quality responses from staff and residents in planning the program e.g. fundraising and generating bucket lists
The person's social world is ignored. Experiences of people with dementia are neglected. Task-centred care prevails. Alternate concepts of memory and memory loss are under investigated. People with dementia can be seen as a burden.
Bucket List
Sustainability

- Sustainability is ensured as the BLiP is enabling and is owned and run by the residents themselves.
- BLiP is cost neutral, organised and funded by resident run committees and fund raising activities. New residents are informed of the BLiP and invited to participate by placing their name in the bucket. New residents are mentored by a BLiP buddy.
Results

- Communication and sense of community and belonging have improved. The residents talk excitedly and with pride about the BLiP.
- Friendships have been formed and strong links with each other, staff, families and community services and groups have ensued to enable bucket list wishes.
- Empowerment and self esteem have increased.
- Life is Fun and purposeful.