Living life and doing things together:

Developing a self-management course with and for couples living with dementia

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• **Neighbourhoods and Dementia**
  
  PI: Prof Keady, Manchester University, UK

• Explore, test and develop the role of the neighbourhood in the everyday lives of people with dementia and their carers

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Personhood
(Kitwood, 1997)

- Uniqueness of the person
- Subjectivity
- \textit{Relatedness}
  - Neighbourhood
  - Couplehood
To sustain couplehood

(Hellström, Nolan & Lundh, 2007)
Participating in support groups?

- **Gunnar**: I don’t know... I’m not especially interested in that I think....to listen to how other people are getting on and that sort of... because I’m not feeling ill from it [and here he means the Alzheimer’s disease]... I am not depressed or anything like that so meeting people that are worse off....that’s not positive, I think. (Joint interview with his wife)
The project: Living life and doing things together

• Develop a couple-orientated self-management course provided in primary care, sustain and enrich everyday life and maintain neigbourhood integration

• Phase 1: Develop the course

• Phase 2: Test and refine (in Sweden and UK)
The course
(tips and cues) for support
DVD, App, web site...?
(tentatively called)

• ‘Communicating Everyday’;
• ‘Maintaining our Social Life’;
• ‘Managing Household Tasks’; and
• ‘Planning to Go Out and About’.
Communicating Everyday

Carl and Ebba
Managing household tasks

Nils and Maria
Thank you!

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