

**The Evolution of Dementia Care
from Person-Centred to Relationship-Centred Care:
How True Care Partnerships Enhance Quality of Life for All**

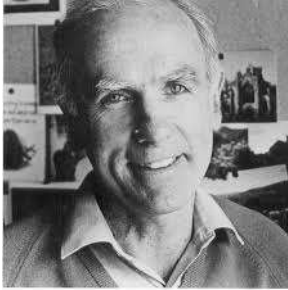
Virginia Bell, MSW and David Troxel, MPH



Goals of Presentation

- Reflections on how our approach to dementia care has changed during the last 30 years.
- Discussion of how we best support persons with dementia today as care partners including work we've developed – the Best Friends Approach
- Share some encouraging trends.

Evolution of dementia care 1980's -



Person
centred care

Person
directed
care

Relationship
centered
care



Past, Present & Future



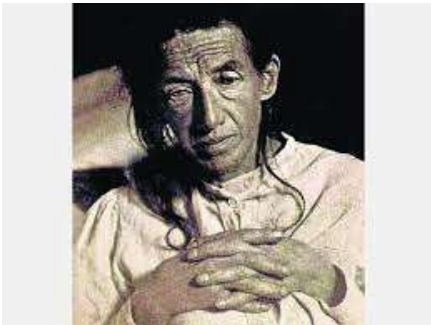
**Alzheimer's Disease
International**

The global voice on dementia

Lack of
awareness/stigma

Explosion in
interest, awareness,
services, focus on
therapeutic
environments

Dementia friendly
communities



Reflections

- An effective medical treatment or cure still seems illusive.



Reflections

- We know how to do quality dementia care
- Supporting human rights and dignity
- Family and professional care partners who understand the basics
- Good medical supervision
- Creating a therapeutic environment, an environment that's healing

Reflections

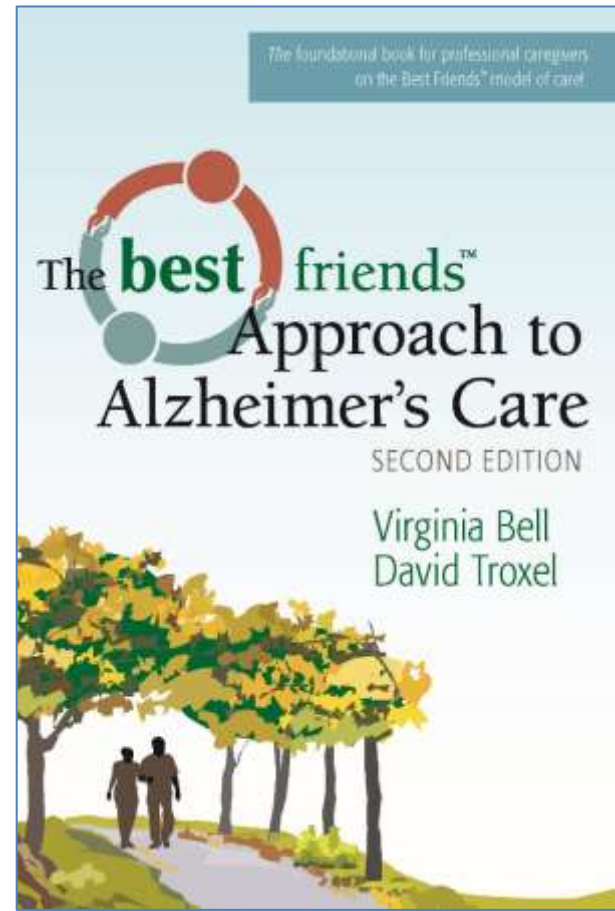
- We know how to do quality dementia care
- Supporting human rights



Bell & Troxel,
Dementia Bill of Rights
Revised (2016)

Best Friends

- Based upon *The Best Friends Approach to Alzheimer's Care*, published in 1996 (Virginia Bell & David Troxel).
- Focuses on the power of relationship based care, communication, activity and engagement to support quality of life for persons with dementia.



Quality Memory Care

Creative activities

Conversation

Using the Life Story

Exercise

Music

Purposeful chores

*Learning &
growth*

Laughter

Animals

Being outside

Contemporary Programs embrace Relationship Centered Care

- Current language a great step forward in the 1980's and 1990's
- We moved from the task to “person centered care”
- Today we have taken another step forward
- From person centered care we should now look at “Relationship centered care”

We know it's not always 50/50 but a care partnership implies:

- Equality and support of basic human rights
- Focus on remaining strengths vs. losses.
- Respect
- The imperative that providers be dementia trained and capable.
- Encouragement of independence (“doing with instead of doing for”)

Changing the experience

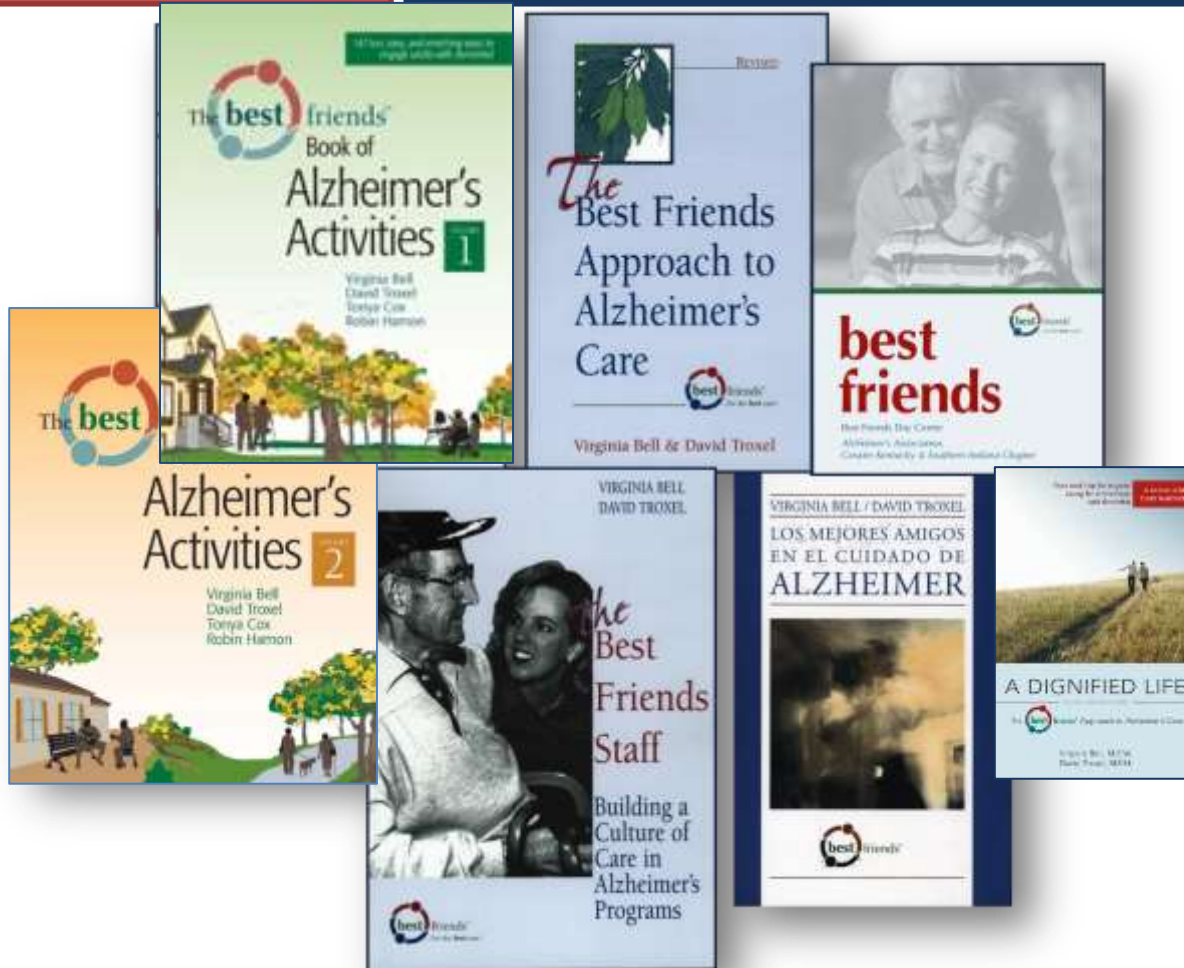


Auguste Deter



Harry Nelson

The Best Friends™ Approach



New Edition
Coming!

