



Dr. Al Power's Seven Domains of Well-Being

Dr. Power has written two books: *Dementia Beyond Drugs* and *Dementia Beyond Disease*.

Dr. Power:

- defines dementia as a shift in the way a person experiences the world around her/him.
- suggests that care should be person-directed and relationship-centered.
- states that the emphasis should be on living: person-directed and relationship-centered living. Replace the word “care” with “living.”
- believes that interactions with people living with dementia are most successful when based on knowledge of past history of who the person was in the past as well as who the person is today. It is important to see the person living with dementia as an “evolving person.”
- says that dementia is about broken connections and the goal is to help the person living with dementia stay connected.
- makes the point that people living with dementia are making an important journey from cognition, through emotion and into spirit. The point is that the person is still present even when their cognitive abilities are less.

- believes that if people living with dementia were supported by consistent care from partners who used basic interpersonal skills in all encounters, the majority of episodes of distress could be prevented.
- says tone of voice and body language are highly important in interacting with people living with dementia.
- indicates that “reactive behaviors” are an expression of need by the person living with dementia and once met the behavior is reduced or goes away.
- states that making choices is a fundamental right that should not be taken away from people living with dementia.
- Believes that society attaches meaning to doing and a person living with dementia who is not capable of doing as much will struggle to find meaning. Meaning can be created in state of *being* as well as *doing*.