



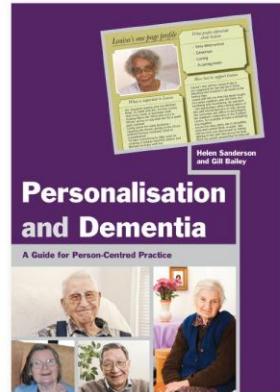
Media information:

Personalisation and Dementia

A Guide for Person-Centred Practice

Helen Sanderson and Gill Bailey

October 21, 2013 (192pp 9781849053792 pb £25.00)



There is widespread agreement that fundamental change is needed in how we care for and support people living with dementia. Person-centred practices offer the tools to make that change happen. That's the message of a trailblazing new guide, ***Personalisation and Dementia: A Guide for Person-Centred Practice***.

Author Helen Sanderson, a former department of health expert advisor, is widely recognised as the UK's leading expert on person-centred thinking and planning. In a 25-year career in health and adult social care, co-author Gill Bailey has spent the last ten years helping staff and carers to support those living with dementia.

Helen Sanderson said, "By 2021 there will be one million people in this country living with dementia*. As a society we must take action to provide a better quality of life for these people. We need to build on the foundation of person-centred care and deliver truly personalised services. Person-centred practices are a way to do this and to learn what is really important to people and how to support them well. Our mission in writing this book was to demonstrate that these simple but powerful person-centred practices can work exceptionally well for people living with dementia."

Personalisation and Dementia: A Guide for Person-Centred Practice offers a bold new approach which moves away from traditional models of care. It shows that by knowing and understanding what matters to people living with dementia, by looking at what is working and not working for each person and what a good day and a bad day is like, huge changes can be made to the quality of their lives, giving people the chance to live the fullest and most rewarding lives possible right through to late stage dementia. This includes looking at ways to think ahead and explore what people may want to try if they could in the future, an area usually given very little emphasis in the care of those living with dementia. The authors clearly explain personalisation and current person-centred thinking and practice, providing many vivid examples of how it has been achieved in community as well as residential care settings.

Practical person-centred tools profiled in the book include:

One-page profiles – The starting point to a personalised approach, these one-page profiles help staff understand how a person wants to live each day and how best to support them. They are dramatic departure from traditional care plans because they present, on one concise sheet of paper, key things that are important to the person and how they wish to live their lives plus what good support looks like from the person's perspective. One-page profiles have been praised by families of those living with dementia and professionals alike.

Person-centred reviews – These are a way for the person living with dementia and their family to reflect on their life and services and look at what is working and not working in an informal meeting. In contrast to traditional reviews, which can be dominated by professional perspectives, person-centred reviews put the person living with dementia at the very centre of the process.

Communication charts - These help staff and carers to understand how the person living with dementia communicates, particularly if they do not use words. It helps translate what the person's behaviour is describing and offers a guide to what to do next.

Progress for Providers - This is a simple to use, self-assessment for managers designed to help them see how well they are delivering person-centred support for people with dementia living in care homes.

In a foreword to the book, Jeremy Hughes, Chief Executive of the Alzheimer's Society, says, "Personalisation is at the heart of what the Alzheimer's Society is working to achieve for people affected by dementia every day. Not a 'one size fits all' service that you're expected to fit into, but a genuinely responsive approach that delivers what people want, in the way they want it, by people they want to receive it from. This book shows how adopting person-centred practices can make significant changes for all people regardless of their type or stage of dementia."

Joan Beresford, head of integrated commissioning in adult social care for Stockport council, said, "This book highlights the importance of building support with the person at the centre to promote their independence, health and wellbeing. It provides a range of tools that are user friendly and ensure that understanding the individual and what is important to them is kept at the core."

Personalisation and Dementia: A Guide for Person-Centred Practice is available from HSA Press.

www.hsapress.co.uk, telephone: 0161 442 8271. For further media information, images and interviews please contact:

Kate McCann, kate@katemccann.com, 07528 796400, 01283 736285 or Kerry Buckley, kerry@helensandersonassociates.co.uk, 0161 442 8271

Notes to editors

*Alzheimer's Society figure.

Helen Sanderson is CEO of Helen Sanderson Associates and Director Emeritus of the International Community for Person-Centred Practices. She has been closely-involved in the development of person-centred thinking and planning in the UK over the last 15 years, and has written extensively on person-centred thinking, planning, community building and Individual Service Funds. Sanderson's consultancy, Helen Sanderson Associates, was a finalist in the 2012 National Dementia Care Awards. www.helensandersonassociates.co.uk

Gill Bailey trained as a nurse and has worked with a range of providers and commissioning units across adult health and social care for over 25 years, and in the last ten 10 years this has focussed on supporting people living with dementia. She is a Dementia Care Mapper, has a diploma in Dementia Studies and is studying for a master's degree in this area.

Ends