

# Worksheet 7:

## Positive enhancers

There are 17 pre-identified 'positive enhancers'. These come from any interaction that has a positive, nurturing effect on the person with dementia and increases their sense of well-being. They are as follows:

1. **Warmth** – Demonstrating genuine affection, care and concern for the person.
2. **Holding** – Providing safety, security and comfort to a person.
3. **Relaxed pace** – Recognising the importance of helping create a relaxed atmosphere.
4. **Respect** – Treating the person as a valued member of society and recognising their experience and age.
5. **Acceptance** – Entering into a relationship based on an attitude of acceptance or positive regard for the person.
6. **Celebration** – Recognising, supporting and taking delight in the skills and achievements of the person.
7. **Acknowledgement** – Recognising, accepting and supporting the person as unique and valuing them as an individual.
8. **Genuineness** – Being honest and open with the person in a way that is sensitive to their needs and feelings.
9. **Validation** – Recognising and supporting the reality of the person. Sensitivity to feelings and emotions takes priority.
10. **Empowerment** – Letting go of control and assisting the person to discover or employ abilities and skills.
11. **Facilitation** – Assessing level of support required and providing it.
12. **Enabling** – Recognising and encouraging a person's level of engagement within a frame of reference.
13. **Collaboration** – The person is treated as a full and equal partner in what is happening, consulting and working with them.
14. **Recognition** – Meeting the person in his or her own uniqueness, bringing an open and unprejudiced attitude.
15. **Including** – Enabling and encouraging the person to be and feel included, physically and psychologically.
16. **Belonging** – Providing a sense of acceptance in a particular setting regardless of abilities and disabilities.
17. **Fun** – Accessing a free, creative way of being and using and responding to the use of fun and humour.

Based on: Brooker D and Surr C (2005) *Dementia Care Mapping: Principles and Practice*. 26-27. Bradford Dementia Group, University of Bradford