

Worksheet 8:

Personal detractors

There are 17 pre-identified 'personal detractors'. These come from any interaction that has a negative, de-skilling effect on the person with dementia and their well-being. They are as follows:

1. **Intimidation** – Making a person frightened or fearful by using spoken threats or physical power.
2. **Withholding** – Refusing to give asked-for attention, or to meet an evident need for contact.
3. **Outpacing** – Providing information and presenting choices at a rate too fast for a person to understand.
4. **Infantilisation** – Treating a person in a patronising way as if they were a small child.
5. **Labelling** – Using a label as the main way to describe or relate to the person.
6. **Disparagement** – Telling a person that they are incompetent, useless, worthless, and/or incapable.
7. **Accusation** – Blaming the person for things they have done or have not been able to do.
8. **Treachery** – Using trickery or deception to distract or manipulate a person in order to make them do or not do something.
9. **Invalidation** – Failing to acknowledge the reality of a person in a particular situation.
10. **Disempowerment** – Not allowing a person to use the abilities that they do have.
11. **Imposition** – Forcing a person to do something, over-riding their own desires or wishes, or denying them choice.
12. **Disruption** – Intruding in or interfering with something a person is doing, or crudely breaking their 'frame of reference'.
13. **Objectification** – Treating a person as though they were a lump of dead matter or an object.
14. **Stigmatisation** – Treating a person as though they were a diseased object, an alien or an outcast.
15. **Ignoring** – Carrying on (in conversation or action) in the presence of a person as though they are not there.
16. **Banishment** – Sending the person away or excluding them; physically or psychologically.
17. **Mockery** – Making fun of a person; teasing, humiliating them and making jokes at their expense.

Dementia Reconsidered: The person comes first. Kitwood T (1997) Open University Press