

# Worksheet 6:

## Applying the person-centred approach to carers of people with dementia

### Personality

The unique characteristics of people will affect their ways of dealing with situations and events.

**If you were going to become the carer for a person with dementia, how do you think you might react? What would you do?**

### Biography

Life history shapes personality and how we have learned to respond to situations. So past experiences will affect current behaviour and responses.

**If you were to become the carer for a person with dementia, what skills and experiences do you already have (or lack) that would help (or not help) you in this role?**

### Health

Our physical and mental health will affect how we behave.

**If you were to become the carer for a person with dementia, what health-related conditions or needs do you have that might affect your caring role?**

**Neurological impairment**

Every person has skills and abilities. Equally everyone will have things that they find difficult or struggle with.

**If you were to become the carer for a person with dementia, what sort of difficulties might you have? How might you try to adapt to them?**

**Social psychology**

The way that interactions with others affect the emotional state of a person. Also the way that society's attitude to others can either enhance or limit opportunity to be a part of that society.

**If you were to become the carer for a person with dementia, how would you like others to support you, how would you like them to be? What would you NOT like people to do?**