

# Worksheet 6:

## The Four Global States of Well-being Model

(Kitwood T, Bredin K (1992) Towards a theory of dementia care: personhood and well-being. *Ageing & Society*, Volume 12, Issue 3, September 1992, pp. 269–287 DOI: <https://doi.org/10.1017/S0144686X0000502X>).

In 1992 Tom Kitwood and Kathleen Bredin published an article, Towards a Theory of Dementia Care: Personhood and Well-being where they proposed four global states of well-being relevant to people's quality of life: These are as follows:

### **Hope**

(a sense that there are opportunities for positive experiences, and that others will be kind and helpful)

### **Agency**

(a sense of autonomy, of being able to make things happen and have an impact on the world)

### **Self-esteem**

(having confidence in your own abilities, feelings of self-respect and a sense of being a worthwhile person)

### **Social Confidence**

(receiving positive messages from others, feeling confident to explore things and do what you enjoy)

**Hope** – What do you hope to have achieved by the time you retire?

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**Agency** – What do you hope others might say your biggest achievements are (or will be, once you've retired)?

**Self-esteem** – What activities make you feel good about yourself?

**Social Confidence** – How did you feel just before you started your most recent job? What did your 'new' colleagues do to make you feel welcome?