

Worksheet 6: The Four Global States of Well-being Model

(Kitwood T, Bredin K (1992) Towards a theory of dementia care: personhood and wellbeing. *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

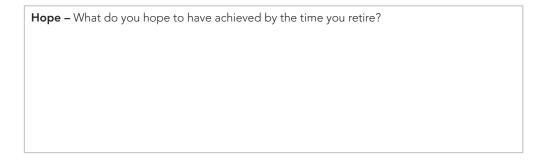
(a sense of autonomy, of being able to make things happen and have an impact on the world)

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)







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| Agency – What do you hope others might say your biggest achievements are (or will be, once you've retired)? |
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| Self-esteem – What activities make you feel good about yourself? |
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| 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? |





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