

# Worksheet 7: The Bradford Well-being Profile

(Compiled by: Bradford Dementia Group (2008) The Bradford Well-being Profile. University of Bradford, School of Health Studies).

Please complete a Well-being Profile for a person with dementia you know well.

Well-being Indicators/Positives	STRONG	WEAK
Can communicate wants, needs and choices		
Makes contact with other people		
Shows warmth or affection		
Shows pleasure or enjoyment in daily life		
Alertness, responsiveness		
Uses remaining abilities		
Creative expression (e.g. singing, dancing)		
Is co-operative or helpful		
Responding appropriately to people/situations		
Expresses appropriate emotions		
Relaxed posture or body language		
Sense of humour		
Sense of purpose		
Signs of self-respect		

Positives – Strong	Notes
Positives – Weak	Notes

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NEEDS	ACTION PLAN

In considering well-being we need to recognise that people can also experience states of 'ill-being'. The concept of 'ill-being' is likely to mean different things to different people. Think about what ill-being means to you by answering the following three self-reflective questions:

**How do you feel when you are experiencing a state of ill-being?**

**What do you look like when you are experiencing a state of ill-being?**

**Can you list five things that give you a sense of ill-being? They could be people, animals, activities, pieces of music, memories, or something else.**

Please complete an Ill-being Profile on another person with dementia that is known to you (or the same person as in the Well-being Profile).

Ill-being Indicators/Negatives	STRONG	WEAK
Pain, physical discomfort		
Tense body		
Agitation, restlessness		
Anxiety, fear		
Sustained anger, intense frustration		

<b>Ill-being Indicators/Negatives</b>	<b>STRONG</b>	<b>WEAK</b>
Depression, despair		
Unresolved sadness, grief		
Listlessness, withdrawn		
Boredom		
<b>Risk factors</b>	<b>High risk</b>	<b>Low risk</b>
An outsider (feels/is different to others)		
Easily 'walked over' by others		
Disliked/feared by others		
Lack of activity/stimulation		
Past trauma/unhappy experiences		

<b>Negatives – Strong/High risk</b>	<b>Notes</b>
<b>Negatives – Weak/Low risk</b>	<b>Notes</b>

<b>NEEDS</b>	<b>ACTION PLAN</b>

## Well-being Indicators/Positives

### 1. Can communicate wants, needs and choices

The person is able to communicate what they want or need, verbally or non-verbally. They are able to use words and/or gestures to express their needs. They are able to challenge someone who they feel might be trying to get them to do something they do not want to do.

### 2. Makes contact with other people

The person is able to make contact with other people by talking, making sounds, using gestures, making eye contact, winking, leaning forwards, holding out a hand, etc.

### 3. Shows warmth or affection

The person is able to show signs of warmth and/or affection towards other people (whether present or not), animals, dolls etc. They are also able to respond when others are warm and/or affectionate with them. The person may use words of endearment, words of positive regard and/or words of gratitude. The person might show other signs of warmth and affection. They may make sounds and gestures and/or show warmth by their demeanour.

### 4. Shows pleasure or enjoyment

The person is able to show signs of pleasure, enjoyment or happiness. The person may respond favourably to others, to food and drink, and to sights, sounds and smells around them.

### 5. Alertness, responsiveness

The person is alert and responds to their surroundings. They react to noise or movement, and/or watch things that are happening around them.

### 6. Uses remaining abilities

The person is able to respond to their environment by making use of their remaining abilities.

### 7. Creative expression

The person is able to engage in creative expression.

### 8. Cooperative or helpful

The person is willing to help when asked or cooperates when others are helping them.

### 9. Responding appropriately to people/situations

The person is able to show awareness of other people's needs or feelings.

### 10. Expresses appropriate emotions

The person is able to show emotion in line with how they are feeling and with their personality. They might be sad when remembering someone they have lost, angry if someone treats them badly, frustrated if they try to do something and can't, irritated if others annoy them, or bored if there is nothing to do.

### 11. Relaxed posture or body language

The person is alert and relaxed, with a calm facial expression and without repetitive movements. (This is not when the person is withdrawn).

## 12. Sense of humour

The person is able to express their sense of humour with jokes, comments and/or actions. They may also be able to respond to humorous comments or actions of others.

## 13. Sense of purpose

The person is able to show that they feel able to make things happen or that they are 'helpful' or 'useful'.

## 14. Signs of self-respect

The person is able to show signs of trying to maintain their self-respect, dignity and/or modesty. They might straighten out and adjust their clothing, brush away spilt food, resist help with personal care, etc.

## Ill-being Indicators/Negatives

### 1. Pain, physical discomfort

The person expresses and/or shows signs that they are in pain or discomfort, such as fidgeting, grimacing, wincing, sighing, holding or rubbing.

### 2. Tense body

The person has tension in the facial muscles or any other part of the body.

### 3. Agitation, restlessness

The person is agitated and restless. They appear to be upset, anxious or uncomfortable.

### 4. Anxiety, fear

The person is anxious and/or fearful in what they say, and with their body language and behaviour.

### 5. Anger, frustration

The person is expressing their anger and frustration. This can be triggered by something that is happening, or by what the person believes is happening.

### 6. Depression, despair

The person is showing signs of depression and/or despair such as low mood, lack of interest in usual activities, being unresponsive to pleasant events, being irritable, having multiple physical complaints, loss of appetite, disturbed sleep, poor self-esteem, negative outlook, etc.

### 7. Sadness, grief

The person is persistently sad and is grieving over a significant loss.

### 8. Listlessness, withdrawn

The person is unresponsive, and is often blank or withdrawn.

### 9. Boredom

The person is verbally or non-verbally indicating that they are bored.

## **Risk factors**

### **10. An outsider (feels/is different to others)**

The person shows signs that they may feel different to the group they are in.

### **11. Easily 'walked over' by others**

The person appears to find it hard to hold their own in a social group. They may show this by being quiet and unassertive.

### **12. Disliked/feared by others**

The person is disliked or feared by others who may try to socially isolate the person or make unkind comments to them.

### **13. Lack of activity/stimulation**

The person is not supported to engage in meaningful activities and/or the environment doesn't support them.

### **14. Trauma and unhappy past experiences**

The person has experienced trauma and/or unhappy past experiences. These may impact on how they experience the present.