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An introduction to person centred  
care and the *Spark of Life*

Presented by


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Dementia Care Australia



# Professor Tom Kitwood



Founder of Bradford Dementia Research Group  
Father of Person Centered Care



# Tom Kitwood's Formula For Dementia

$$D = P + B + H + NI + SP$$



# 17 Dehumanising Behaviours

- Undermine self esteem
- Break the spirit
- Damage personhood

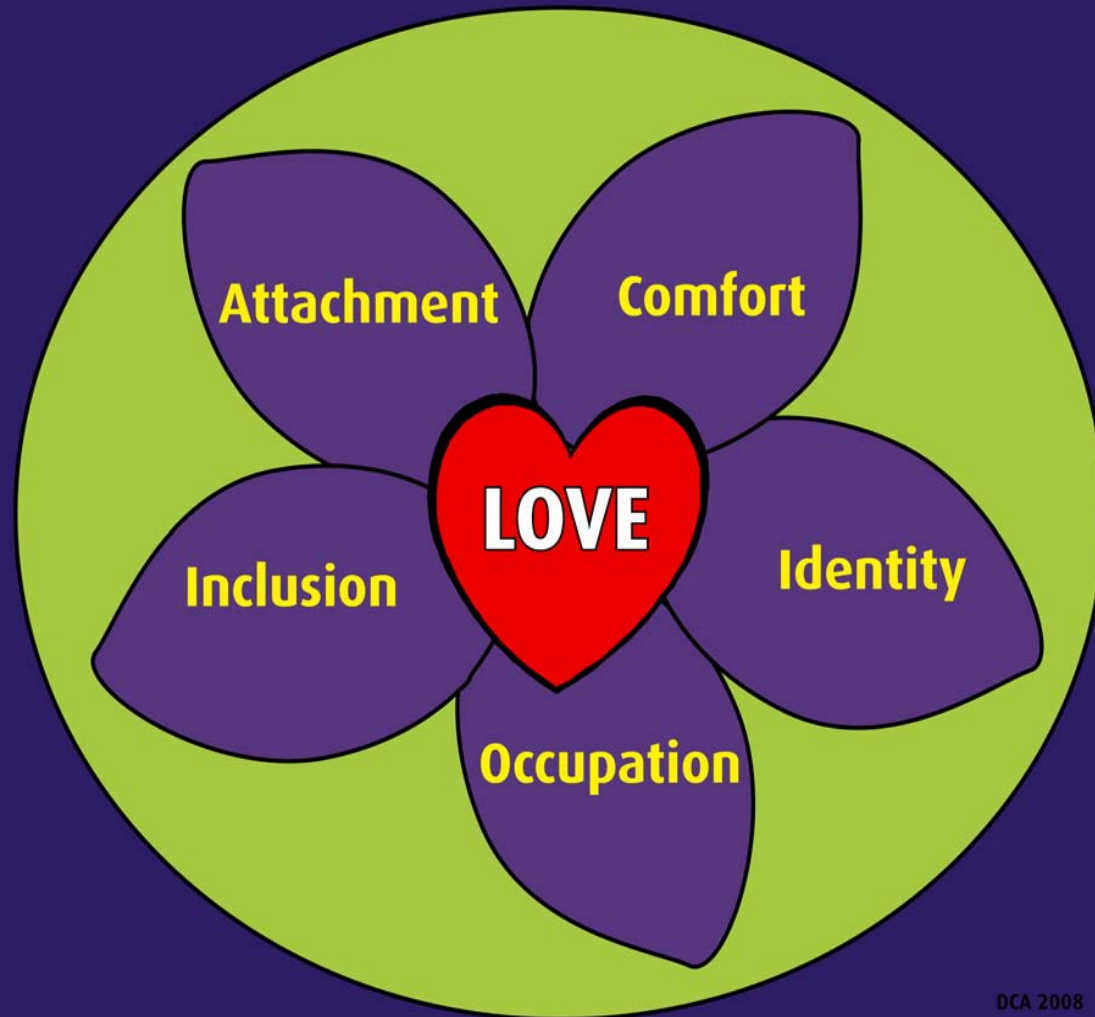


# Elsa's story





# Tom Kitwood's flower of Psychological needs





spark<sup>of</sup> *life*  
Approach

Enables everyone to think, be and act in a way that enriches other peoples lives



The *Spark of Life* Approach has  
two core elements:



1. Acknowledging the consequences of our actions
2. Igniting the human spirit

# Spirit

A close-up photograph of a bee on a red flower petal. The bee is positioned in the center-right of the frame, facing right. Its body is covered in fine hairs, and its wings are partially visible. The background is a soft, out-of-focus red, suggesting the petals of a flower. In the upper left corner, the word "Spirit" is written in a yellow, serif font.

Spirit is the driving force that lies at the core of our being.  
It is that inner light that gives passion, meaning and purpose to our lives.

Jane Verity

# Kisse's Story





## 5 Universal emotional needs

- To feel needed and useful
- To have opportunity to care
- To love and be loved
- To have self-esteem boosted
- To have the power to choose

# Needed and useful





The essence of the *Spark of Life* is based on a particular way:

1. To think - Shift your focus
2. To be - Share your heart
3. To act - Shine your light



# Shift your focus from yourself to the other person

- From care giver to supportive partner
- From disease to disability
- From problem to unmet need



Share your heart  
Engage with love

Love is to look behind  
disease, disability, difficult behaviour and differences  
into the heart and soul of the other person.....  
with out judgement

Jane Verity



What the eye sees is only a shell  
What is essential is invisible to the eye  
Only with the heart can we see the essential.

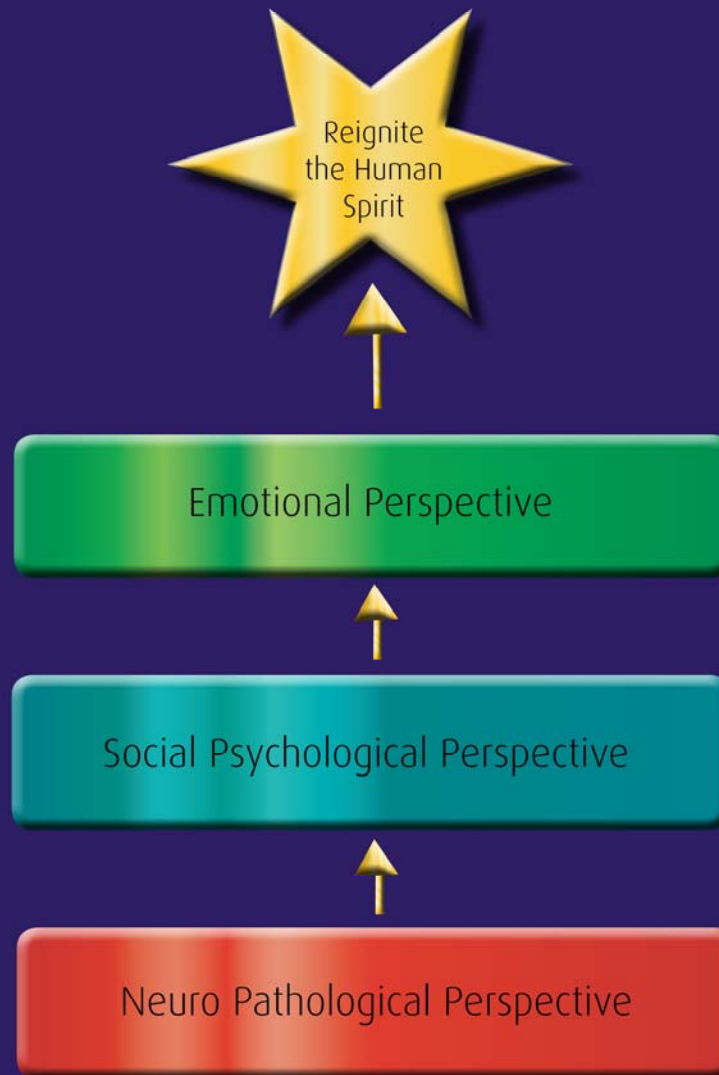
Inspired by Antoine de Saint-Exupéry



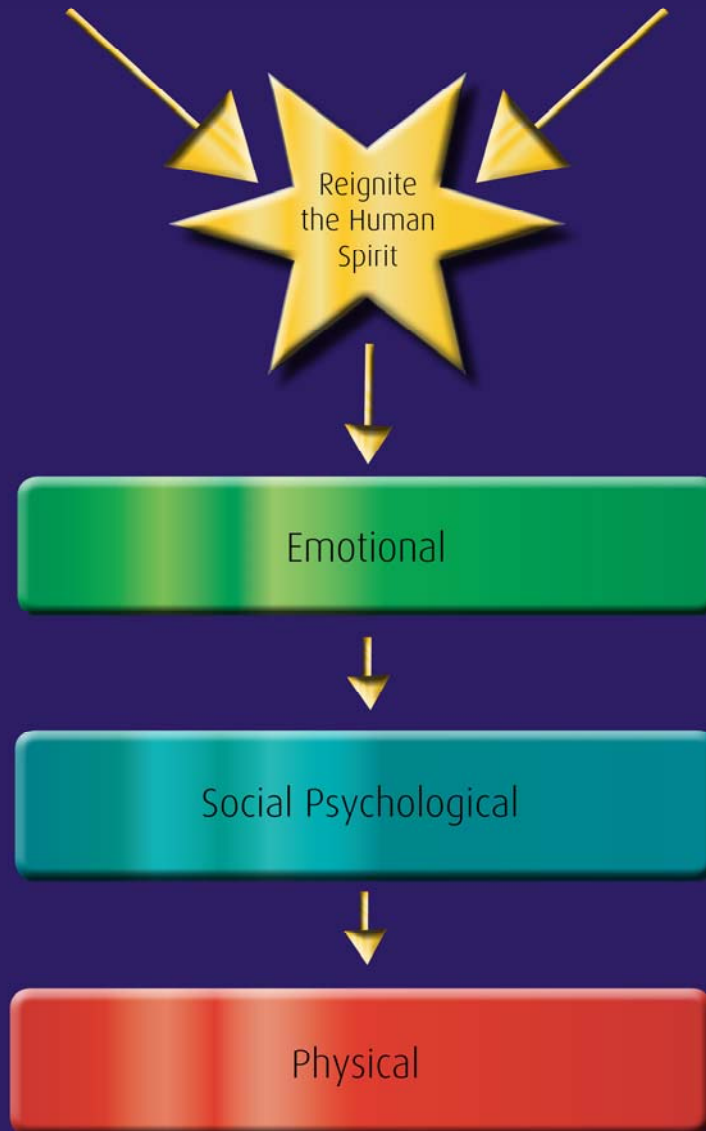
# Shine your light Create happiness

- Use your playful inner child
- Appreciate all there is to be grateful for in the everyday - show it and share it
- Give the best of yourself in every situation

# Traditional Model of Care

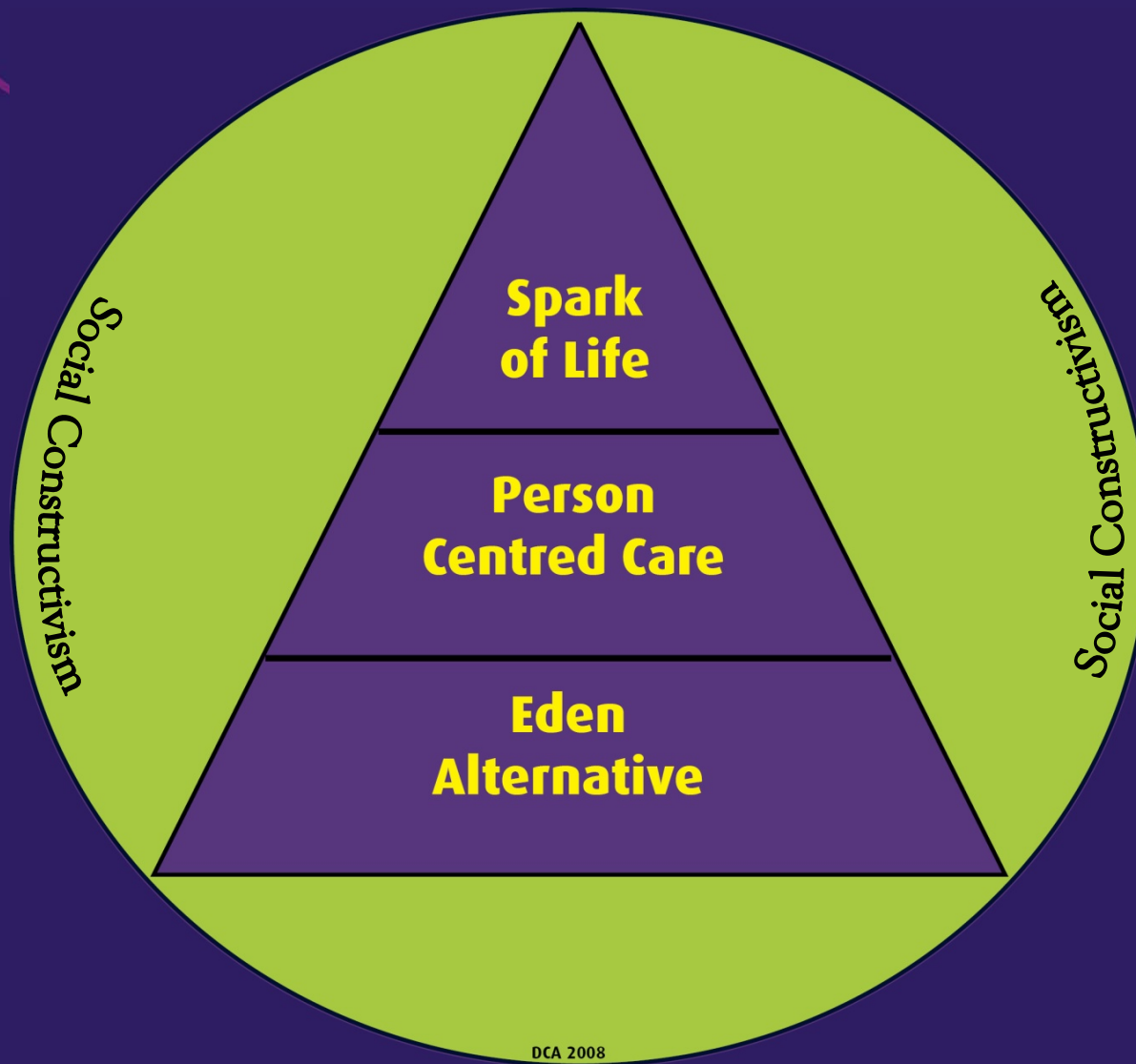


# *Spark of Life Model of Care*



# Results of igniting the human spirit







# *Spark of Life Research*

Hilary Lee  
MSc, Dip COT



- Qualitative Study
- 17 staff and family members interviewed
- Data analysed using content analysis
- Four major themes identified





# Four major themes



1. Reigniting the human essence
2. Being creative
3. Being in their shoes
4. Enabling success



# 1. Reigniting the human essence



- Bringing out previous personality traits
- Re-engaging with life
- Developing relationships

## 2. Being Creative



- Connectedness through music
- Expressions of humour and playfulness
- Telling 'prickly' life stories

### 3. Being in their shoes



- Changing the perception of dementia
- Satisfaction in caring
- Decision to change the culture



## 4. Enabling success



- Meeting individual needs
- Training the staff
- Strategies and skills used by facilitators
- Management commitment



# Recommendations for further research





spark<sup>of</sup> *Life*  
Approach

[www.SparkofLife.com.au](http://www.SparkofLife.com.au)