

EOL & Elderly" Seminar of the 15th HKEC Symposium
on Community Engagement 2021



How to apply PERMA Model in dementia centre effectively

*St. James' settlement
Wong King Wa*

Australia Study Tour 11/2018

- 11 staff
- 7 days
- Perth & Melbourne



Dementia service in Australia

- Under Australia's Aged Care System
- Aged Care Assessment Team
- Service delivery mode:
 - Home care package (person-centre approach)
 - Respite Care for dementia (manpower ratio 1:2)
 - Young on-set

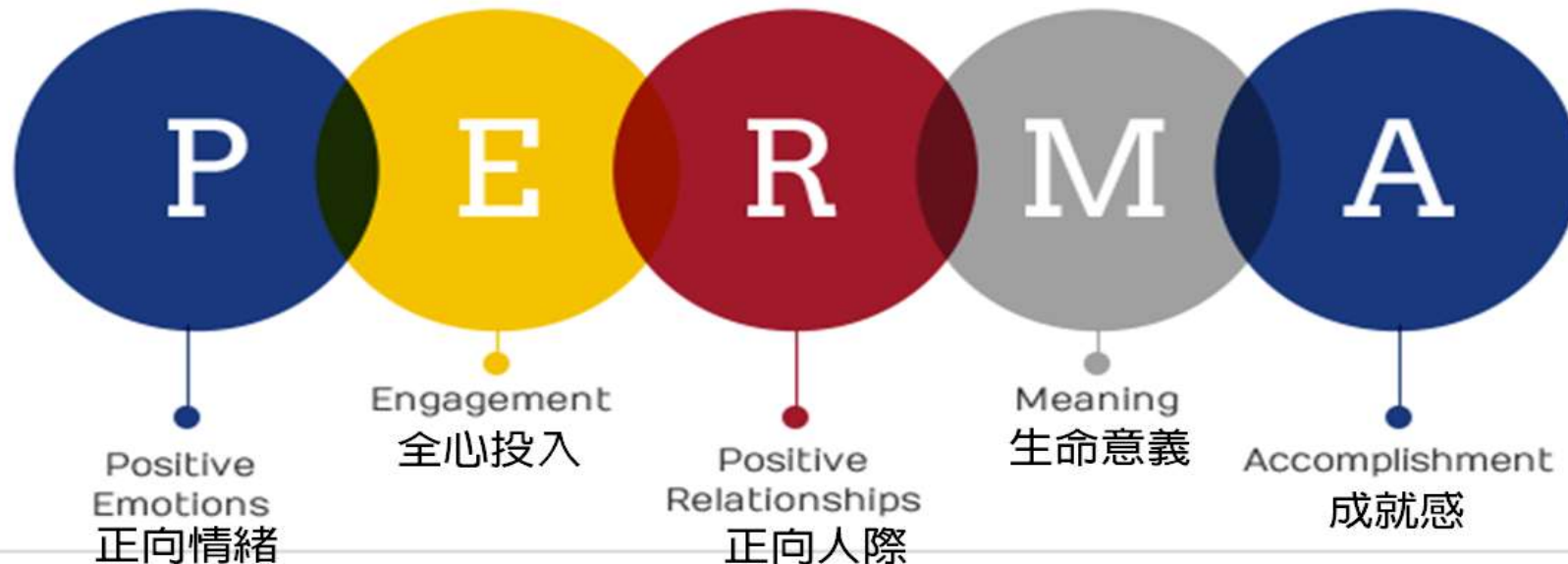
Person-center: Capabilities Approach

- **Enhancing Capabilities**
 - Enabling people to flourish, not just survive.
 - Beginning with living a life, one has reason to values.
- **Flourishing – PERMA**
 - P – positive emotions (feeling good)
 - E – engagement (being completely absorbed in activities)
 - R – relationships (being authentically connected to others)
 - M – meaning (purposeful existence)
 - A – achievement (a sense of accomplishment and success)

Positive Psychology / PERMA Theory

Martin Seligman (1942-the present),
American psychologist, founder of positive psychology

Introducing a New Theory of Well-Being



References

- 1.Seligman, M. E., & Csikszentmihalyi, M. (2014). *Positive psychology: An introduction* (pp. 279-298). Springer Netherlands.
- 2.Seligman, M. E. (2004). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. Simon and Schuster.

Dementia Care Support Service

Kin Chi Dementia Care Support Service Centre (Wanchai)

- operate on a self-financing model*
- was put into service in January 2014.*
- service target: aged 50 or above with dementia*
- provide services for persons with dementia and caregivers.*
- spacious and comfortable environment and facilities*
- provide one-stop services*

Way ahead

- Make value / cultural change from own unit to whole Continuing Care (Start from small and spread out)
- Build up staff capacity (training, set protocol)
- Core value & attitudes of staff, a norm to provide service

From top to bottom

Unit -In- Charge



Professional staff



Frontline staff

P – positive emotions

- *Positive language*
- *Friendly attitude*
- *Environment promotes positive emotion
(cultural atmosphere, comfortable,
home feeling design, facilities, reminder)*

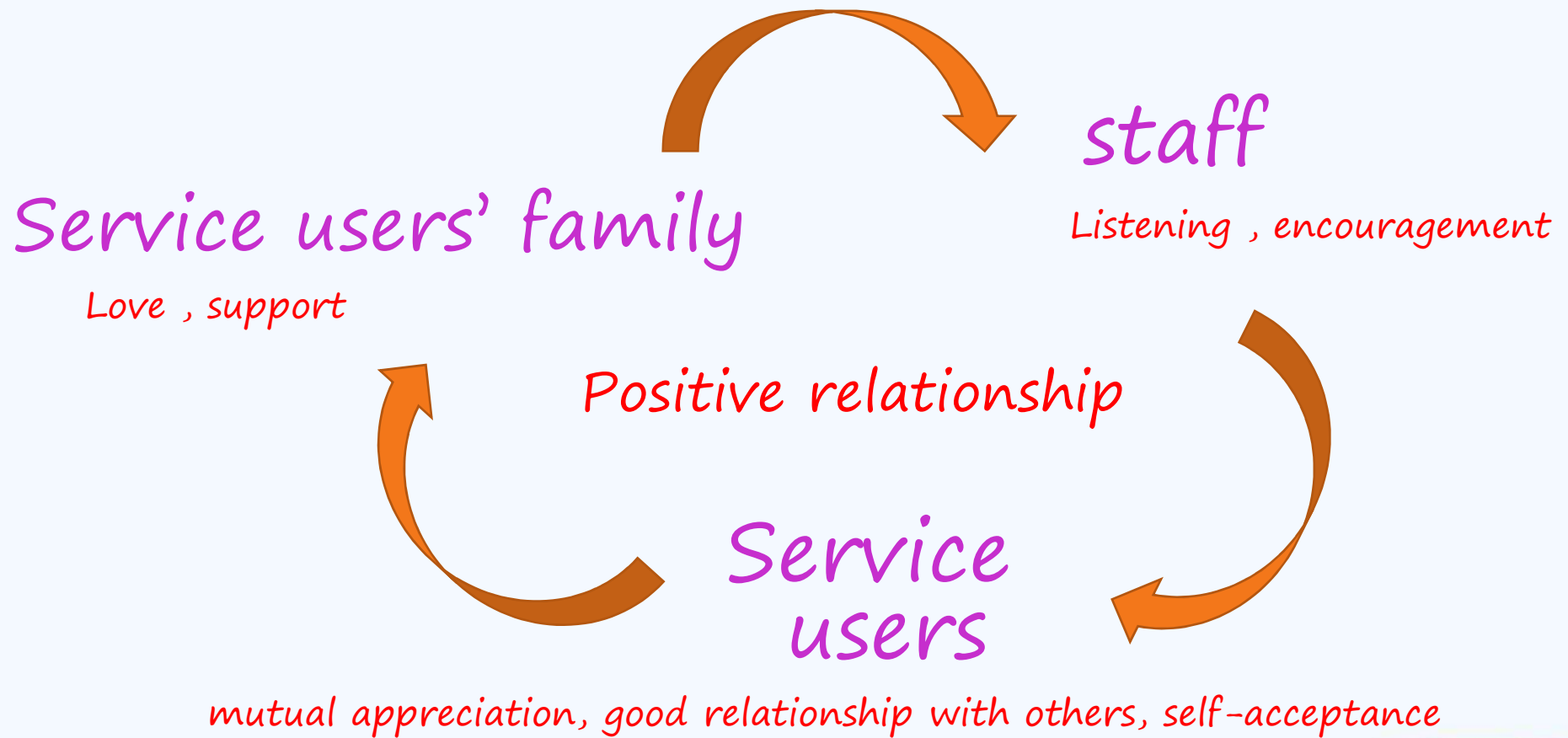
P - positive emotions



E – engagement

- *Plan different level of therapeutic groups*
- *Service users attend various groups in accordance with their abilities*
- *Get their satisfaction with our group easily*
- *Being completely absorbed in activities*

R - relationships



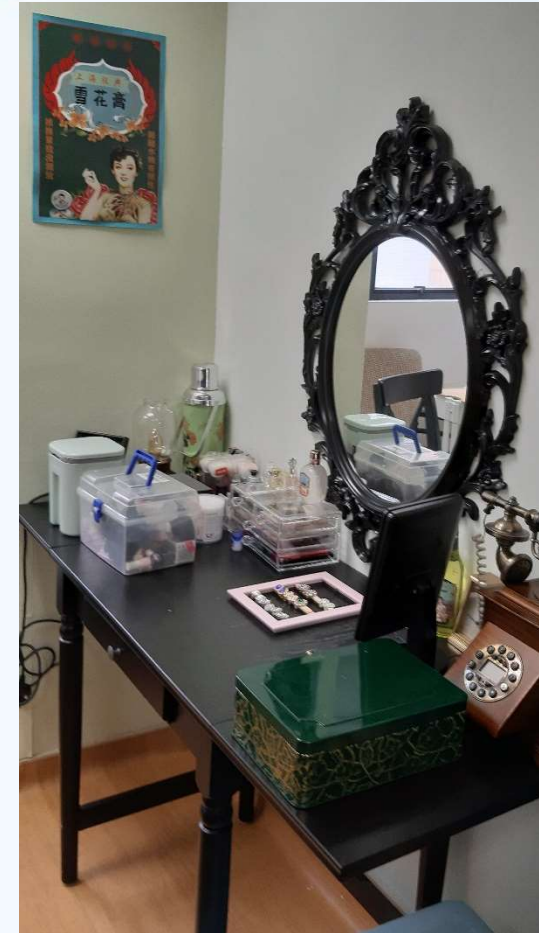
M – meaning

- *Enjoy their lives*
- *respect*
- *Have multiple opportunities to choose from*
- *Enable them to implement their strengths*
- *More freedom and less limited*

M - meaning



M - meaning



A – achievement

- A sense of accomplishment and success
- Focus on the process, not the product
- Match their aptitudes and abilities
- Review their achievement in olden days

A - achievement



A - achievement





Reflection



Thank you