

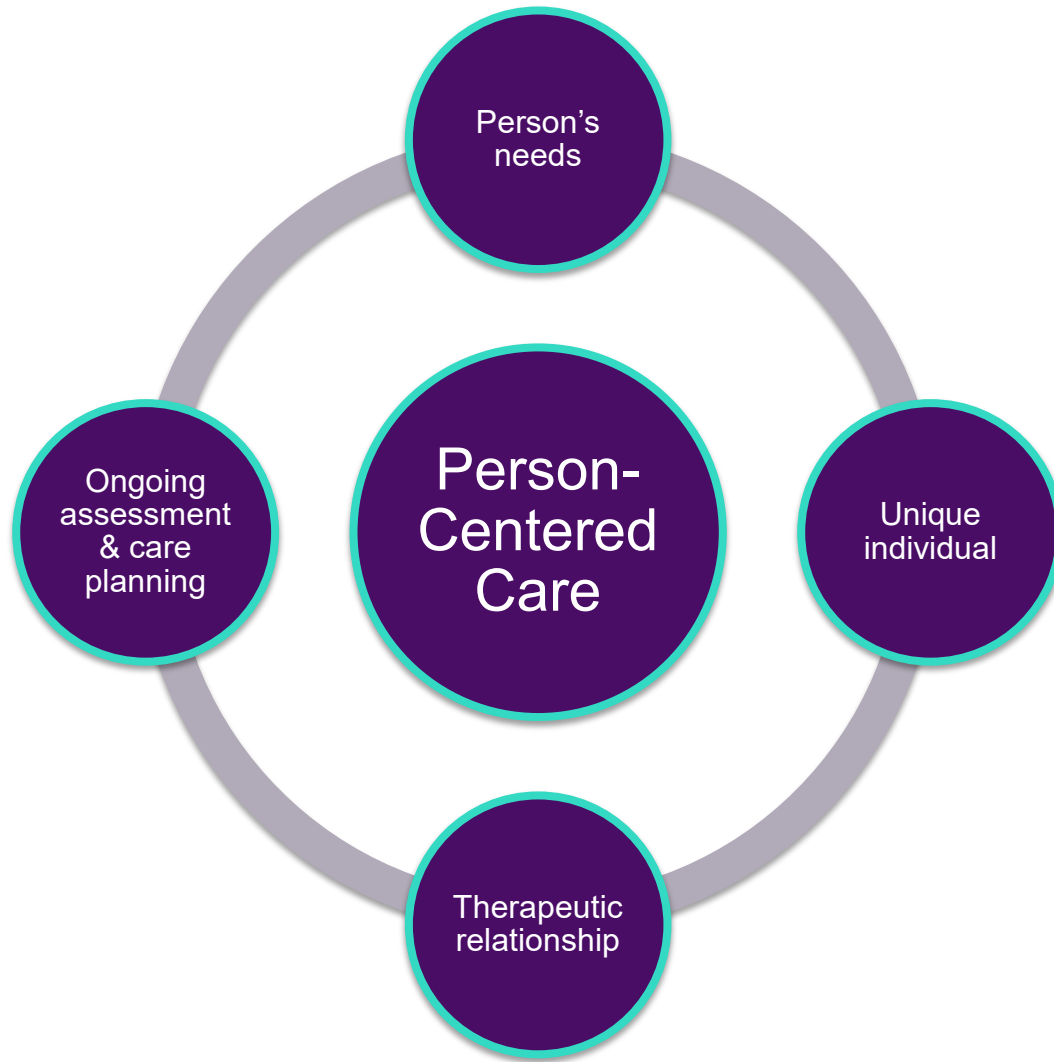
Module 2

Person-Centered Care Model: Habilitation Therapy



alzheimer's  association®

Person-Centered Care



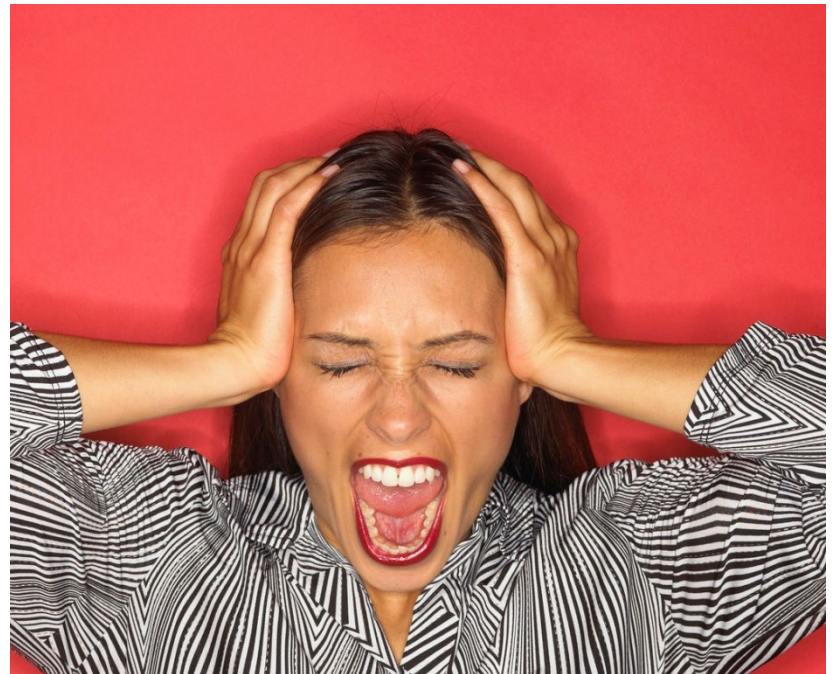
What if...?

No hot water! No clean clothes!

Bad traffic! More work & no promotion!

How would you feel?

**Could you control
your emotions?**



What You'll Learn

- Identify the goal of Habilitation Therapy (HT)
- Identify three of the five domains of HT
- Recognize behavior as a form of communication



The Goal of Habilitation Therapy (HT)

Promote a positive emotion in the person living with dementia

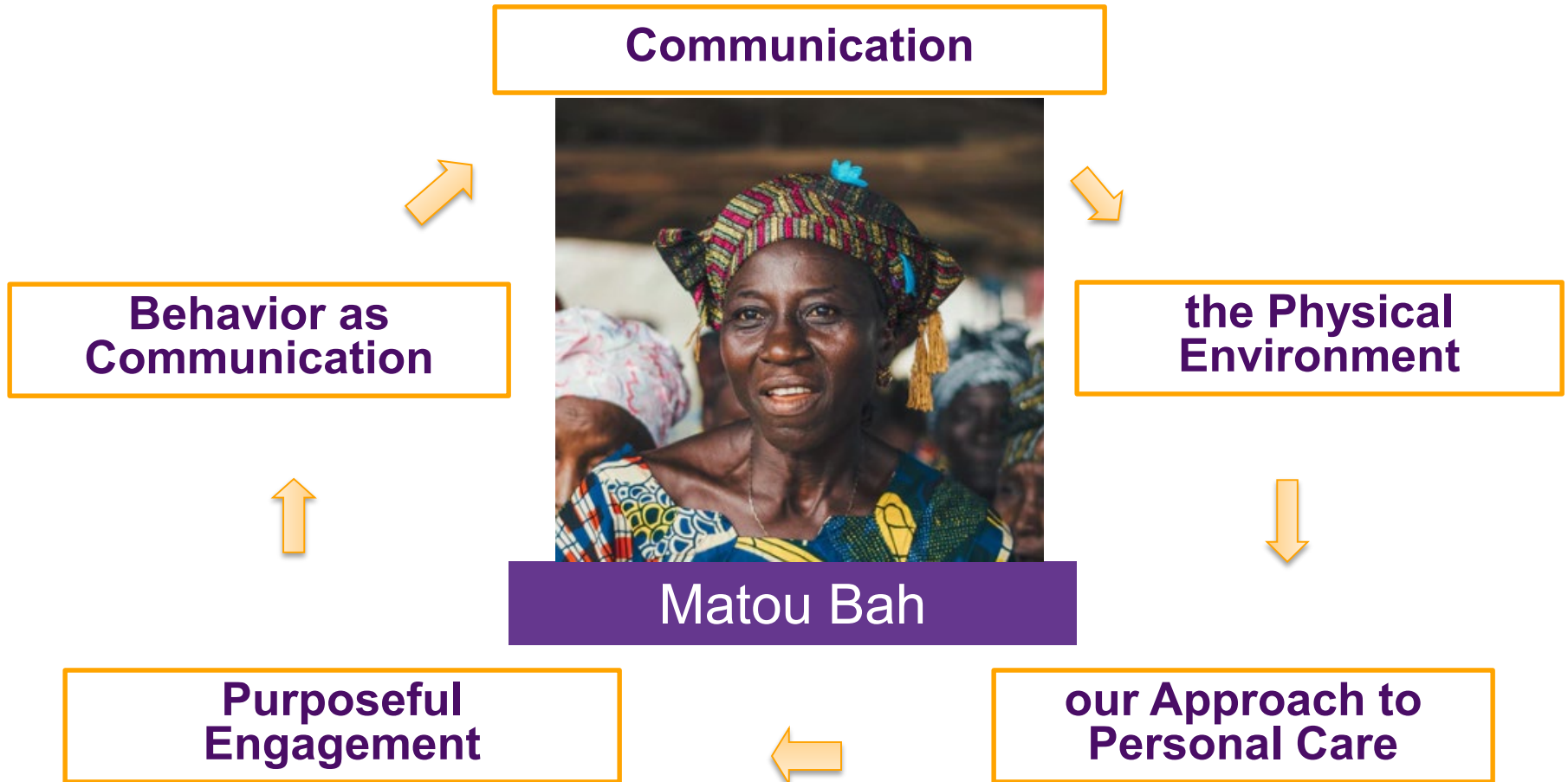
- Focus on strengths
- Minimize limitations



Habilitation not Rehabilitation!

- ***Rehabilitation Therapy:***
 - Help a person to re-learn abilities they've lost
- ***Habilitation Therapy:***
 - Helps a person living with dementia use remaining abilities & skills.
 - We **do not** focus on the person's limitations or try to teach them what they've lost

Habilitation Therapy



Communication is Key

- What we say & we do
- What the person says & does
- Includes:
 - facial expressions
 - tone of voice
 - posture
- The most important domain
- Affects all aspects of care



The Physical Environment

- Can affect mood and comfort
- Can be confusing or easy to understand
- Can increase independence
- For someone living with dementia, a well-planned environment can limit distractions & help them to focus



Purposeful Engagement and Meaningful Activity



- Gives a sense of purpose
- Maintains skills & abilities
- Reduces dementia-related behaviors
- **Not** just to keep the person occupied

Our Approach to Personal Care Starts With the Person

- Always connect with person first –
Not just getting the job done
- Encourage them to be independent –
do what they can
- Assist only as needed



Understand Behavior as Communication

- All behavior has a reason or cause
- We need to look for the meaning behind the behavior



What Did We Talk About Today?

Let's Review...

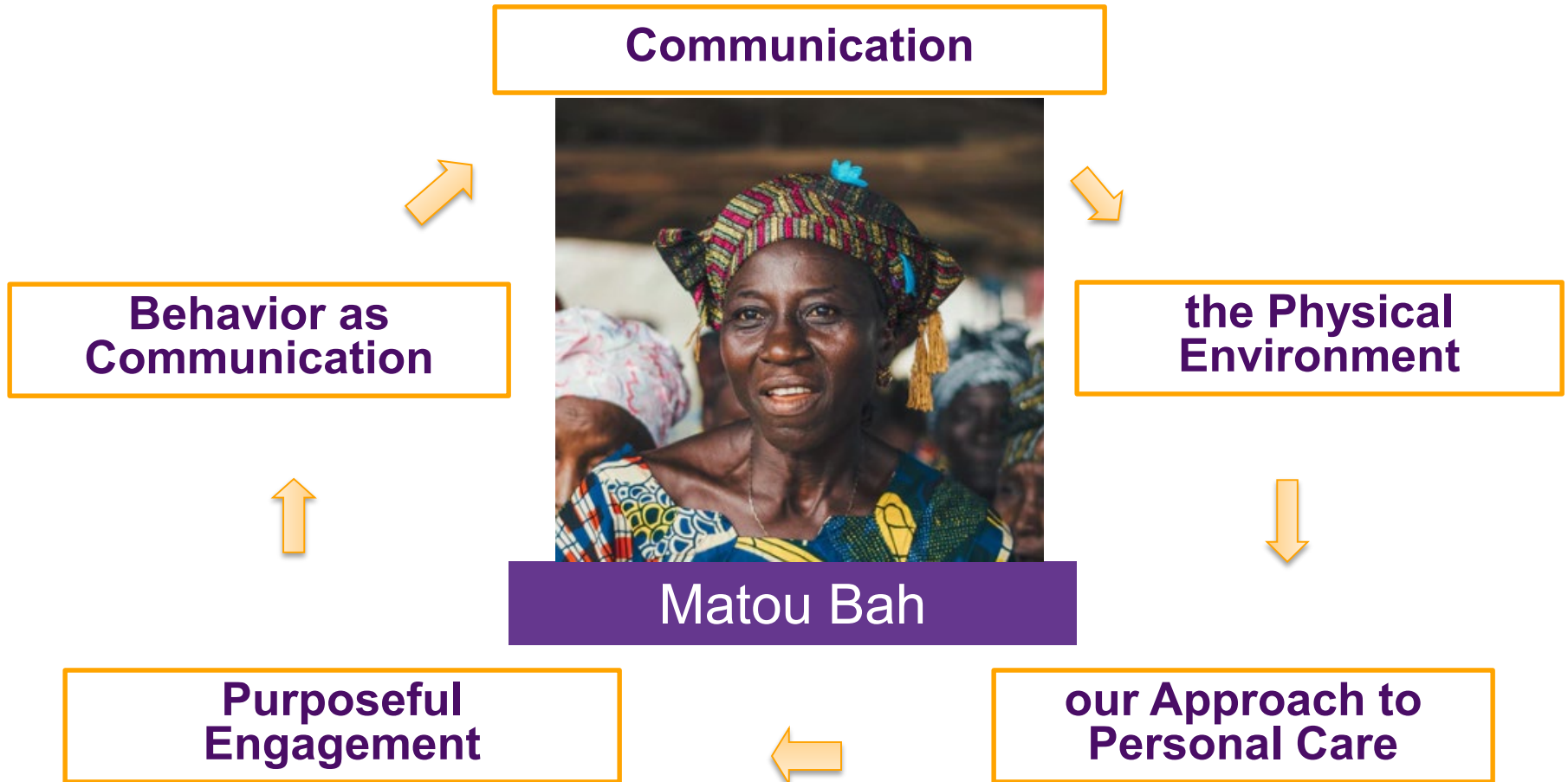
The Goal of Habilitation Therapy (HT)

Promote a positive emotion in the person living with dementia

- Focus on strengths
- Minimize limitations



Habilitation Therapy



Habilitation Therapy

- **Communication** – words, body language and non-verbal communication – **is very important**
- the **Environment** makes a big difference for the person living with dementia
- Our **Approach to Care** always starts with the person
- **Activity and Meaningful Engagement** provides the person living with dementia **a sense of purpose and belonging**
- **Behavior is a Form of Communication** and requires us to look for the emotions behind the words

Let's See What You've Learned

**Test 2: Person-Centered Care Model:
Habilitation Therapy**