

Wellness in the Person with Dementia

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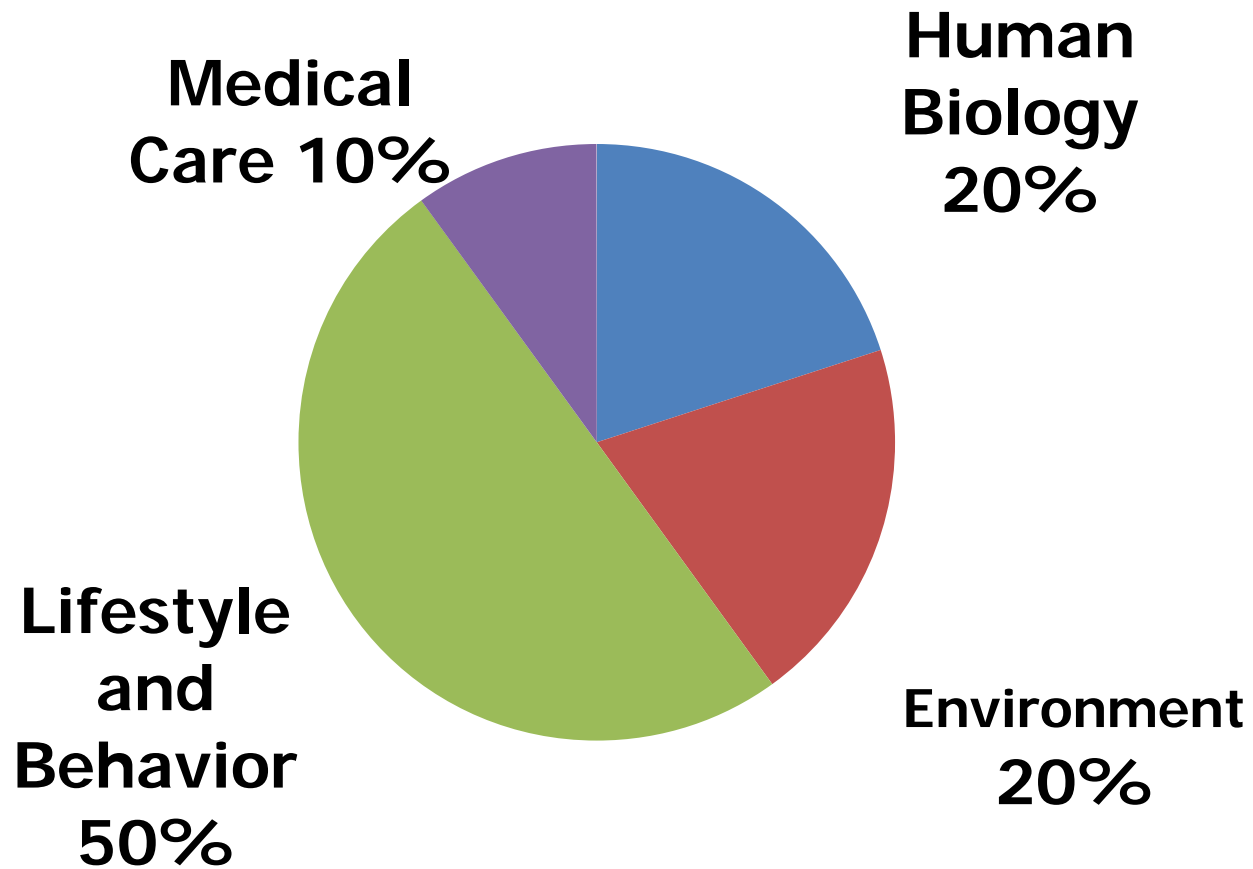
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What Does Successful Aging Look Like to You?



Influence Factors on Health Status



Dimensions of Wellness



Focus not on
“What’s the Matter”

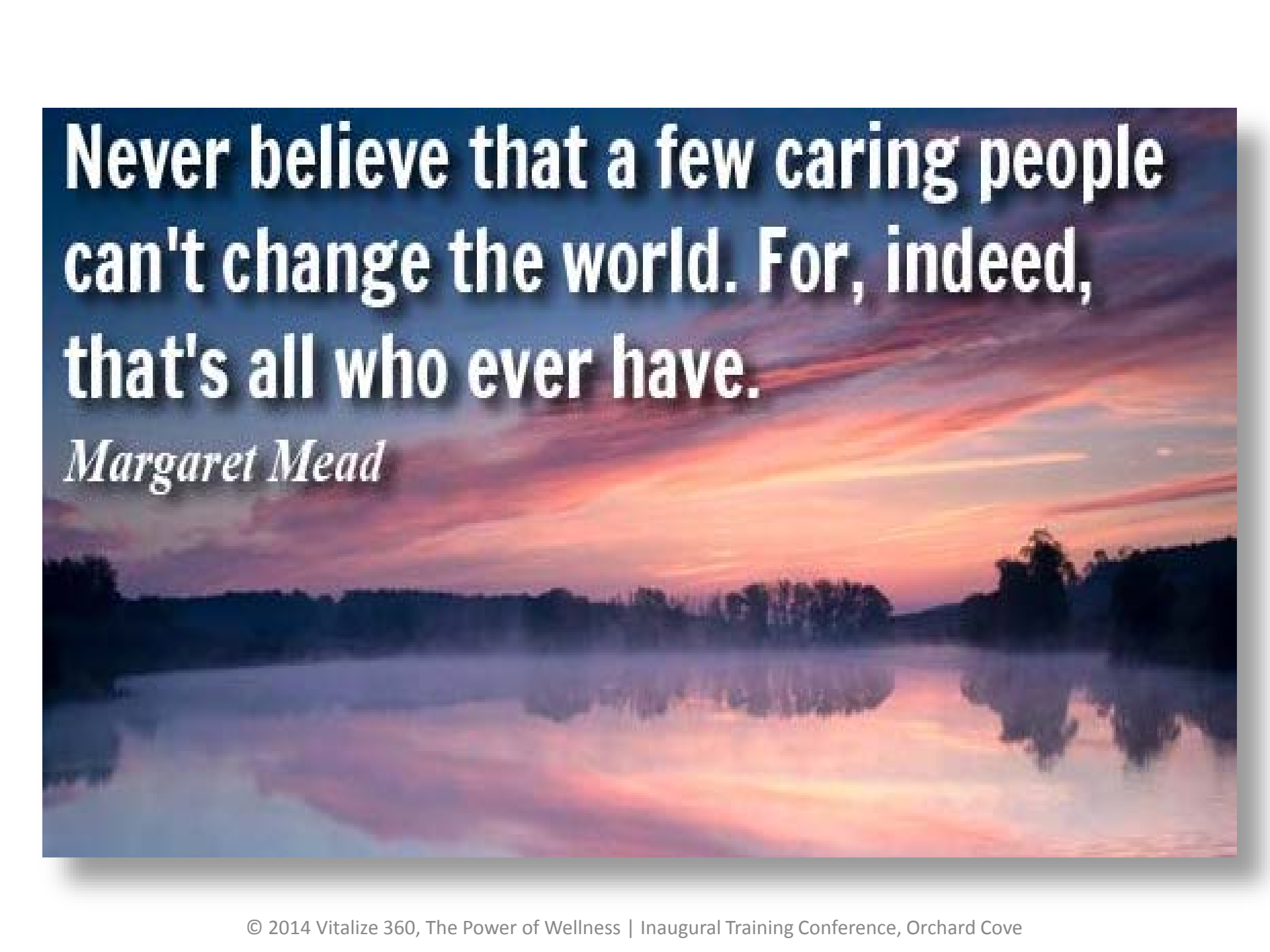
Focus on
“What Matters Most”

*No matter what one's level of
cognition, a personalized
approach to wellness is
impactful*

Supporting the Individual

- Emphasize importance of small, incremental steps for change
- Not achieving goals, an opportunity to re-adjust and re-consider goals
- Always focus on “what matters most”



A vibrant sunset scene with a body of water in the foreground. The sky is filled with streaks of orange, red, and purple, reflecting on the water's surface. A dark silhouette of a forest line is visible in the background.

**Never believe that a few caring people
can't change the world. For, indeed,
that's all who ever have.**

Margaret Mead