

For people with dementia—facts no longer store efficiently while.
Please SLOW DOWN and use the

3 Golden Rules

of SPECAL[®] to promote lifelong well-being:

Don't ask direct questions

because the recent facts may not have been stored.

Listen to the expert

(the person living with dementia). Their questions and phrases are highly significant.

Don't contradict

or argue with whatever facts they use to make sense of what is happening.

©2012 Contented Dementia Trust

ALL behavior has meaning. People living with dementia and showing agitation or distress aren't giving you a hard time; they're having a hard time expressing unmet needs.

AGREE

don't actively disagree, repeat their words, match emotional intensity

APOLOGIZE

I'm sorry ...

ALIGN

"join the club"

ATTRACT

to something better

©2022 Dementia Together



SPECAL'S Definition of Universal Well-being

Personal worth

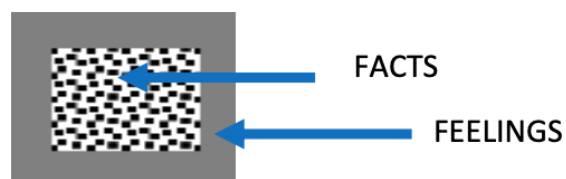
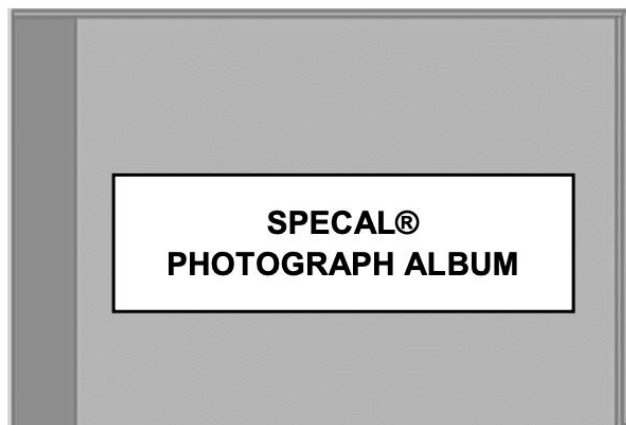
Agency

Social ease

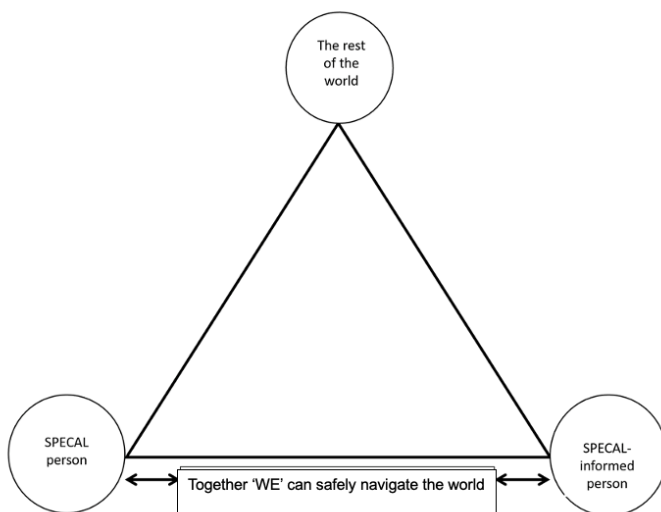
Trust that all will be well

P-A-S-T is an easy way of describing the four crucial ingredients of well-being for every human being, every single one of us, whatever our age, race, gender, religion, medical condition and so on.

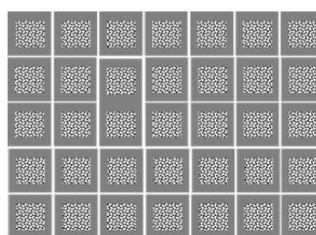
- 'P' for personal worth – feeling good about ourselves in some way.
- 'A' for autonomy – feeling we can make decisions, however small, and see them carried out.
- 'S' for social ease – feeling that we can reach out to other people and get an acceptable response.
- 'T' for trust – feeling that all will be well.



SPECAL Golden Triangle The We-relationship



Pre-dementia pages



Post-dementia pages

