



## MY DREAMS OF BEING: INCLUSION OF REALITY™

A **true** person centered training program by one of the world's leading clinical dementia specialists:

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## **CONTENTS**

- Introduction
- Forward by Tracey Maxfield
- Dr Daniel J Nightingale (Dr Dan)
- Aims and Objectives
- Module 1
- Module 2
- Module 3
- Module 4
- Module 5
- Module 6
- MCQP
- Certificate of Completion
- Cost

## **INTRODUCTION**

My Dreams of Being: Inclusion of Reality™, is a **true** person centered training and development program aimed at enhancing quality of life of people living with dementia (*clinically referred to as a neurocognitive disorder*).

The ultimate goal is to achieve “reementia” for each individual by shaping the attitudes and engagement of those supporting individuals living in their family home, in a memory care community or a nursing or residential home. **Home** is wherever that person is living.

The program starts with a dramatic presentation of a ‘Journey through Dementia’ (performed by Dr. Dan/Trained Facilitator and 3 volunteers taken from the group of learners), before focusing on the life journey of a gentleman living in a nursing home.

Each module is interactive and engaging with the core being based on the Nightingale Model of Enriched Care and the Inclusion of Reality principle™

You may be unfamiliar with this principle as it is my new concept based on the valued engagement of adults and children living with dementia with other people – young and/or old and animals that are not robotic. In other words, valued interaction with global society.

All those undergoing this program will learn new skills, have increased knowledge and awareness and the confidence to share a valued journey with the person living with dementia, their families and friends.

Benefits to the service provider include having a well trained staff team, increased motivation and retention. The service develops an even greater reputation for excellence, making it much easier for service users to choose their service provider.

## **FORWARD BY TRACEY MAXFIELD**

Mahatma Gandhi stated that “the true measure of any society can be found in how it treats its most vulnerable members.”

As the world’s population ages, the number of people with dementia will climb rapidly. This has the potential to overwhelm the healthcare system which is already ill equipped to respond to the challenges of dementia. Living with dementia is an intensely emotional and cognitive experience, feelings of fear, anxiety, frustration, sadness and anger overwhelm the person living with dementia as he/she tries to make sense of what is happening to him/her self, whilst also trying to understand what is happening in his/her own world.

Over the years, psychiatrists, psychologists, dementia specialists and consultants have proposed different theories and interventions to help support the person living with dementia and the caregiver, but there has been limited education and support available to health care professionals, community volunteers, and care agencies on how best to care for and support a person with dementia.

To truly care for a person with dementia (person centered care) one must be willing to enter his/her world, to be compassionate, to be understanding and respectful and to be open to experiencing the person’s reality at each moment (dementia). Each person’s dementia journey is different, it is constantly changing, it is a roller-coaster of ups and downs, there will be good days and there will be bad days, there will be laughter and there will be sorrow, but the opportunity to share this journey is a gift that should be embraced and welcomed, for this is true person-centered care.

Dr. Nightingale’s program, **‘My Dreams of Being: Inclusion of Reality,’** has helped caregivers/families, volunteers and healthcare professionals around the world, understand and appreciate the true meaning of personhood. For the past 35 years, I have had the privilege and pleasure to work with people living with dementia in the UK and in Canada. My guiding principles then, and now, remain the same: always treat the person living with dementia with patience, understanding, dignity and respect, and always be present in their reality at that moment in time. Dr. Nightingale’s program will help you to enhance the quality of life and well-being of people living with dementia, and to truly make a difference in the person’s life.

## Dr Dan

Dr. Dan is a world leading clinical dementia specialist from the UK. He works across both the UK and US with his research being based in two main areas: The use of Montessori principles to enhance the dining experience of people living with dementia in a nursing home (***Montessori success for people living with dementia (2011), Journal of Dementia Care. Vol 19, No 2: 36-38***) and the use of hypnotherapy as a treatment option for people living with dementia (***Duff, SC & Nightingale, DJ (2006). Long Term Outcomes of Hypnosis in Changing the Quality of life in Patients with Dementia. European Journal of Clinical Hypnosis, 7 (1), 2 – 8***); (***Duff, SC & Nightingale, DJ (2005). The efficacy of hypnosis in changing the quality of life in patients with dementia. A pilot-study evaluation. European Journal of Clinical Hypnosis, 6 (2), 20 – 29***) and (***Duff, SC and Nightingale, DJ (2007). Alternative approaches to supporting people with dementia: Enhancing quality of life through hypnosis. Alzheimer's Care Today.8. (4): 321-331***)

During his tenure as Senior Dementia Consultant at Southern Cross Healthcare (the biggest care provider in the UK at the time), he worked with the All Party Political Group on Dementia at Westminster to inform on **Always a Last Resort**: Inquiry into the prescription of antipsychotic drugs to people with dementia living in care homes and was also instrumental in the development of England's National Dementia Strategy (the first country in the world to achieve this). As Director of Dementia and Care Services at the world famous Priory Group, he effected much change in nursing home provision and was involved in helping design new communities.

Dr. Dan's roles have always encompassed clinical work (from the research in hypnotherapy, a training program was developed that has been studied by clinicians worldwide), educational, research, managerial and leadership strategies. He authored The Nightingale Model of Enriched Care, My Dreams of Being and is a regular writer for the UK Care Journal Expert Care Manager. In addition, he is an actor on both TV and film, and stand-up comedian - he was trained by the infamous Dr Patch Adams to use clowning and comedy in healing.

With over 20 years of experience at the cutting edge of dementia care, his program, **My Dreams of Being: Inclusion of Reality™**, is a program of value to any service looking to provide true person centered care and inclusion of reality.

## **CORE AIMS & OBJECTIVES**

Very rarely is the process of dementia itself the reason for many of the Behavioral and Psychological symptoms we often see presented by people living with the day to day challenges of dementia.

Instead, it is often due to the attitudes and interactions of others; the things **we** do as a society that restrict and diminish the individual.

The core aims and objectives of this program are to change those beliefs and attitudes; to see the person first and to reduce the individual's perpetual fear and anxiety. By doing this, we increase confidence, self-esteem and empower the person to take back control of their life.

Many years ago, Professor Tom Kitwood coined the phrase 'Rementia.' By this, he was referring to giving back some of the skills and abilities that have been taken away from the person due to being labelled as having dementia. Where Maslow's hierarchy of need lists self-actualization as the ultimate goal, My Dreams of Being: Inclusion of Reality™ has rementia as its ultimate goal.

Each module involves the learners – through practical activities – and encourages them to rethink their belief systems about dementia. Each learner will go away thinking not in terms of dementia as a neurocognitive disorder that deteriorates over time, but in terms of upskilling people on their unique journey and supporting them to live the best quality of life possible.

The 6 modules involve: What is Dementia? **True** person centered approach; Environments; The Triadic Model; The CAR Approach; Valued Engagement and Interaction.

At the end of the program, learners will undergo a Multiple Choice Question Paper prior to being certified in this approach. During each module, learners will have the opportunity to put into practice the things they learned during the particular module. Throughout the duration of the program, the trainer can access Dr. Dan for ongoing support and guidance.

## **MODULE 1 – WHAT IS DEMENTIA?**

This is day 1, starting with a powerful performance of A Journey through Dementia. It then covers the fundamentals of dementia as a clinical diagnosis; types of dementia; treatment options and its impact on the person, family and society as a whole. Also covered is what dementia isn't, childhood dementia and why global policy is beginning to change how we see dementia, including primary care and prevention. Finally, we consider both palliative and end of life support strategies.

## **MODULE 2 – TRUE PERSON CENTRED APPROACH:**

This day focuses on a gentleman living in a nursing home. His life leads to group work activities, debate and discussion. This part of the program is CD based and at the end of the day learners will be clear about **true** person centered care and how to support people living with dementia through the inclusion of reality philosophy.

## **MODULE 3 – ENVIRONMENTS:**

Throughout our lifetime our brain develops something called an ecological inventory (environmental cues). What are they? What happens when they are no longer there? How does environment impact on our behavior? What about colors? Shapes? Designs? What kind of interactive environment does what to enhance quality of life? All these things, and much more is covered during this module.

## **MODULE 4 – THE TRIADIC MODEL:**

As the title of this module suggests, there is a three part model of thinking that will help learners achieve the aim of delivering true person centered care: ongoing training and development, research and appropriate therapy.

## **MODUL 5 – THE CAR APPROACH:**

Communication, Attitudes and Response are the three key themes of this module. The CAR Approach has been developed as part of the Nightingale Model of Enriched Care in order to ensure full inclusion of reality.

## **MODULE 6 – VALUED ENGAGEMENT & INTERACTION:**

There is a huge difference between engagement and valued engagement. Here, we consider the impact of language and terminology, the use of interaction with the community as a whole – the 5 Service Accomplishments (Community Presence, Community Participation, Promoting Choice, Encouraging valued social roles and Supporting contribution)

### **MCP TEST:**

This question paper is designed to evaluate what has been learned by participants. It is only part of completing the program. With each module, learners will put in to practice what they have learned. On return to the classroom the following week, they will have the opportunity to feedback and review the impact of the practice.

### **CERTIFICATION:**

Learners will be certified in the use of My Dreams of Being: Inclusion of Reality™ as accredited by Dementia Therapy Specialists and Dementia Doctor. A certificate is issued to all the learners at the end of the program. A presentation ceremony is always recommended – this shows the team they truly are valued and will be supported in the implementation of excellent practice in supporting people to live well with dementia, and the day to day challenges the journey brings.

## **COST**

This program is available as a downloadable training to the smaller care community. (The company trainer can use it to train their staff, with virtual support from Dr. Dan). Dr. Dan also facilitates the program to care organizations.

**Please contact Dr. Dan** for the cost of the program:

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