

# Conceptualising what we mean by 'wellbeing' in the dementias

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# Wellbeing: a broad overview

- ▶ Hedonic (Aristippus) and Eudemonic (Aristotle) approaches
- ▶ World Health Organization (1984)
- ▶ UK government mental health strategy (2011)
- ▶ Dimensions vs. definitions (Dodge, Daly, Huyton & Sanders, 2012)
- ▶ Subjective aspects of wellbeing (Shin & Johnson, 1978)

# The arts and wellbeing

- ▶ Developmental role of arts in wellbeing (RSPH, 2013; Runco & Richards, 2013)
- ▶ Does wellbeing decline with age? (Springer et al., 2011)
- ▶ Problems of social isolation in older people (WHO, 2002)
- ▶ Loneliness as a risk to wellbeing and risk factor for depression (Prince et al., 1997)
- ▶ *Creative Health* report (APPG, 2017)

# Conceptualising wellbeing in the dementias

- ▶ Lack of social interaction and Feelings of not contributing to society (Moyle et al., 2011)
- ▶ Importance of **subjective experience** and **agency** (Kaufman & Engel, 2014)
- ▶ comfort, attachment, inclusion, occupation and identity (Kitwood & Bredin, 1992)
- ▶ 'In the moment' (MacPherson et al., 2009; Johnson et al., 2015; Camic et al., 2017)

Our definition...

Wellbeing in the dementias is **a fluctuating subjective state** and involves a sense of agency, engagement, happiness, feeling well, confidence and optimism

# Questions we asked about wellbeing

- ▶ What does “wellbeing” mean to you?/ How do you personally understand the term “wellbeing”/
- ▶ When do you feel well?/What makes you feel well?
- ▶ How does dementia affect your wellbeing?
- ▶ What do you do to enhance/improve your wellbeing?
- ▶ What do you think reduces your wellbeing?

# What does wellbeing mean to you?

- ▶ “There is something around the corner still worth doing”
- ▶ “That I am not forgotten about just because I forget (laughs)”
- ▶ “Still have my emotions. They remind me I’m still me. I can still be happy or sad. I can still be part of something.”
- ▶ “It’s so good to be doing this, right now. I’m 84 and...me memory is naughty but I am learning new things.”



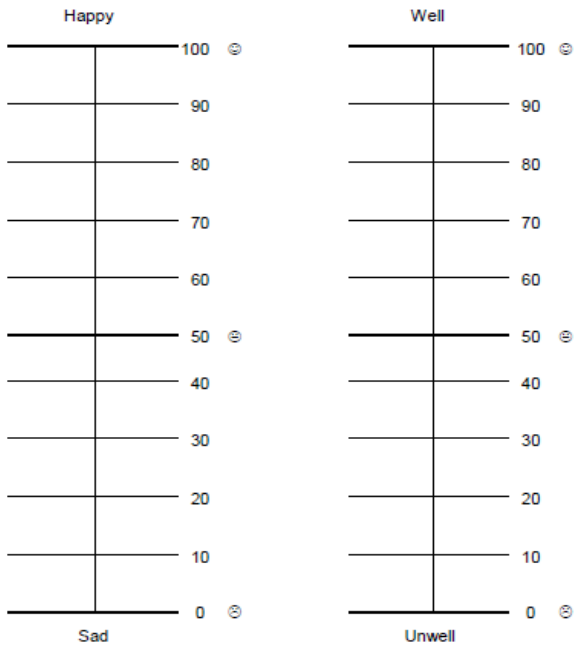
# The Canterbury Wellbeing Scales (CWS)

(Johnson et al., 2015; Camic et al., 2017)

Canterbury Wellbeing Scales (© 2015 Canterbury Christ Church University)

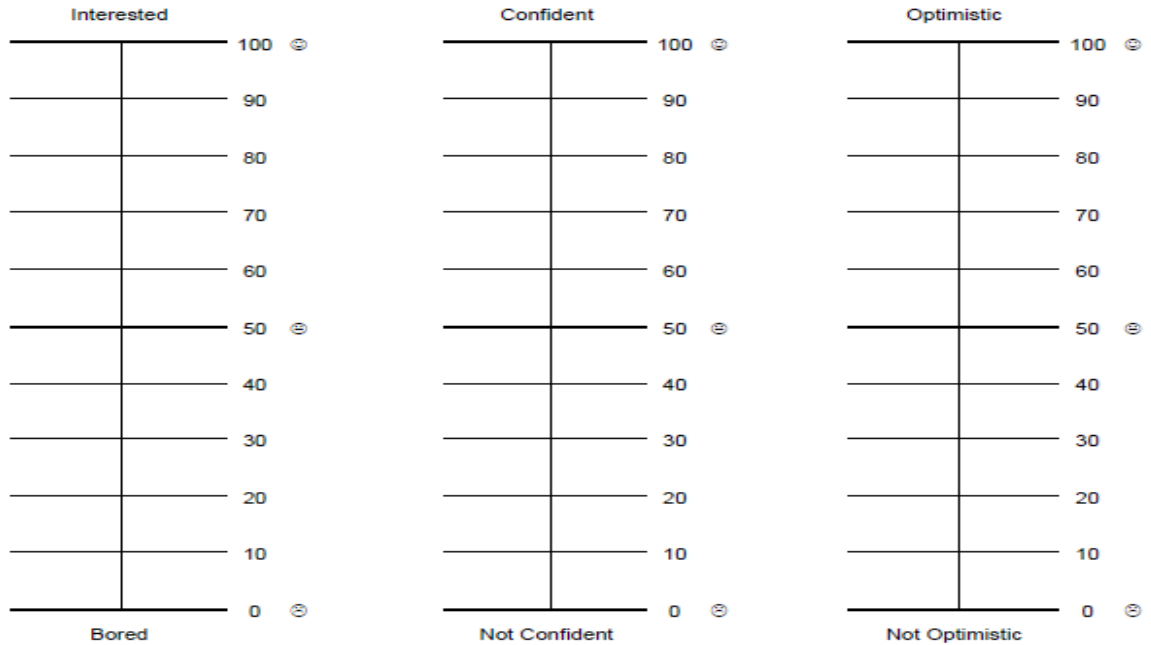
ID \_\_\_\_\_ Pre / Post (circle) \_\_\_\_\_ Session /Date \_\_\_\_\_

Please make a mark on these scales to show how you are feeling *at the present moment*.



ID \_\_\_\_\_ Pre / Post \_\_\_\_\_ Session \_\_\_\_\_

Please make a mark on these scales to show how you are feeling *at the present moment*.





# Wellbeing and art activities

