


**Knowledge is Power:**  
Illuminating Paths to  
Connection, Compassion and Joy



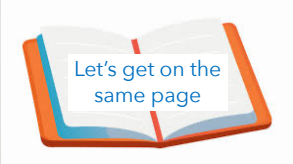
Karen Stobbe & Mondy Carter

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Connection  
Compassion  
Joy



2



Let's get on the  
same page




3

Remember that everyone  
living with dementia is an individual.





4

Anytime someone says,  
*"All people with dementia ..."*  
*"Everyone with dementia"*  
*"No one with dementia..."*




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Have you noticed that we take actions  
of a person with dementia and  
ab-normalize and medicalize them?

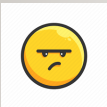


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*What affects the way we behave?*



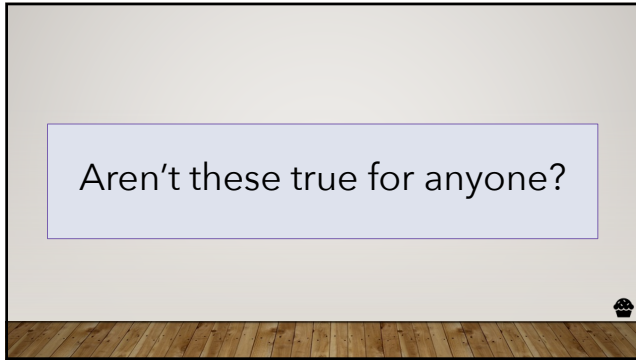
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Stress  
Being hungry  
Too much to drink  
Not enough water to drink  
Frustration at another person  
Pain  
The environment you are in  
How others behave to us  
Inability or ability to do a task or complete it



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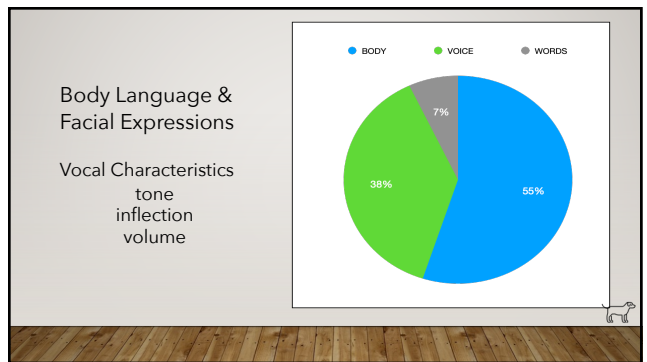
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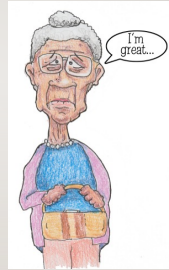


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Listen to the feelings behind their words or body language.



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The energy that exists between people when they **feel seen, heard, and valued**; when they **can give and receive without judgment**; and when they derive **sustenance and strength** from the relationship.

- Brene Brown



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## Intentional Stance

Steven Sabat  
Professor/Dementia Advocate  
David Dennett  
Philosopher



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### TAKING THE "INTENTIONAL STANCE"

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I assume this person is communicating something important.



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TAKING THE "INTENTIONAL STANCE"

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It is up to me to  
find out what that is.



From Steve Sabat

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TAKING THE "INTENTIONAL STANCE"

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I have to enter into their world and  
see their perspective to do that.



From Steve Sabat

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TAKING THE "INTENTIONAL STANCE"

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Be comfortable with silence  
and taking it slow.



From Steve Sabat

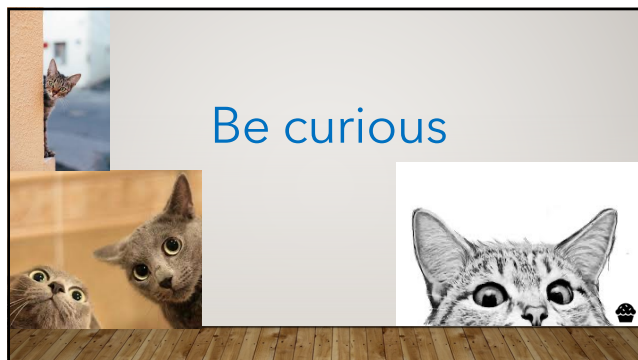
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Adopting an intentional stance  
toward people living with dementia—  
the assumption that their behavior has meaning  
—is a therapeutic approach that encourages  
***curiosity rather than dismissal.***

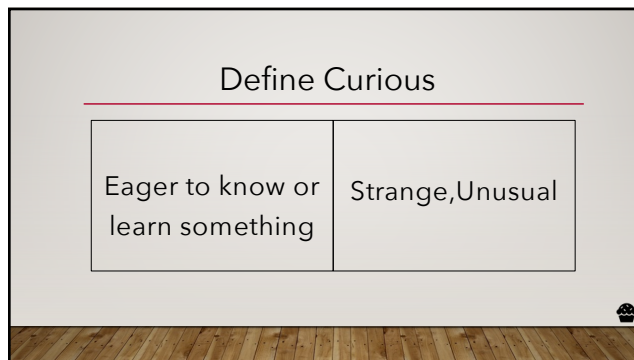


From Steve Sabat

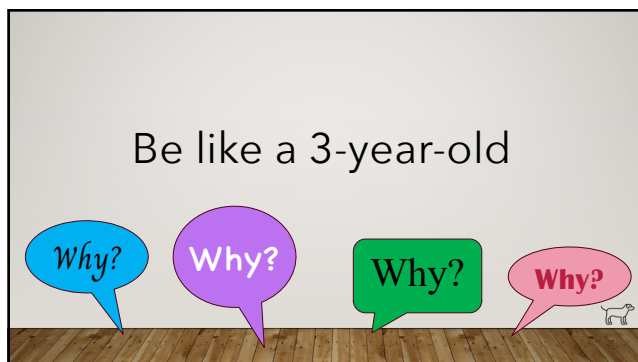
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No.  
I don't want a shower.



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"Well, it's just their dementia."



26



"She liked it last time.  
What is wrong with her?"



27



"She just being non-compliant."



28

We may force them.  
We may skip it.  
We may redirect and try tomorrow.



29



30

What could be some of  
the reasons why Mom  
doesn't want to  
take a shower?



31

If she could tell you she might say...

*"The water hurts my skin when it hits it."*

*"I'm afraid because I slipped a little the last time."*

*"You rushed me the last time."*

*"Actually, I've never liked showers, I prefer baths."*

*"I don't like being so ...exposed."*

*"Who takes a shower at 3pm on a Wednesday?"*



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TAKING THE "INTENTIONAL STANCE"

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It is up to me to  
find out what that is.



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Health: Physical & Emotional  
Communication: Both of Ours  
The Task at Hand  
The Environment  
Unmet Needs  
Life Story  
You  
Dementia



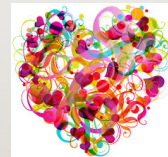
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*Compassion... asks us to look into our own hearts,  
discover what gives us pain,  
and then refuse,  
under any circumstance whatsoever,  
to inflict that pain on anybody else.  
~ Maria Popova*




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*Compassionate* Listening



36



The goal is to relieve suffering by truly **hearing the other person's heart** and validating their emotions.





37


Pair up with someone you don't know. Please.



38




Stand facing one another. One of you facing the screen and the other doesn't look at the screen.



39

Only using body language and facial expressions get the following message across to your partner.

**I feel sad and lonely.**



40

Only using body language and facial expressions get the following message across to your partner.

**I know you. You are my friend.**

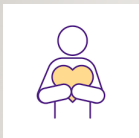


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If you want more connection with others and more compassion for others; you need to start with **being kind to yourself.**



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Self Forgiveness



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What triggers behavior?

What triggers JOY?



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Happiness may be fleeting, but my joy still drives me on a terrible day.  
Because I have a purpose in life, I still have joy during a horrible time.  
When you share joy with others, link joy together, It becomes even stronger.  
-Karizma Maxson



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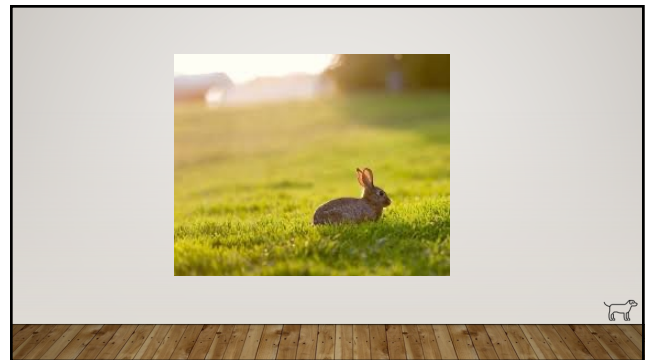
Simple pleasures  
Experiences that are brief, positive, emerge in everyday settings, and are accessible to most people at little or no cost.



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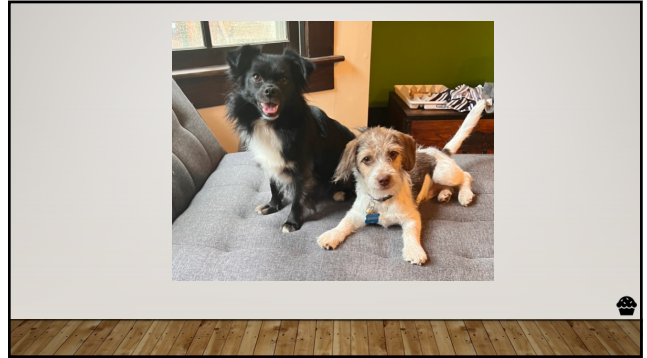
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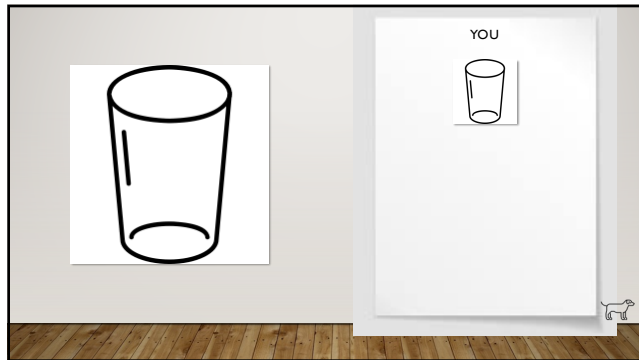
Examples of  
Simple Pleasures a.k.a. Self-Care

Reaching out to a friend	Breathing
Doing bad art	Cleaning out your closet
Asking for space	Dancing
Going for a walk	Eat a sweet
Watching baby animal videos	Listen to a podcast
Stretching	Support group
Setting Boundaries	Color
	Gardening

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What are your  
Simple Pleasures?

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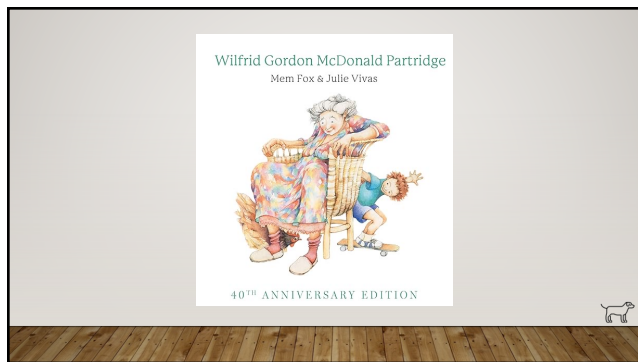
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