



Dementia and the family: Download and do

Signs of well-being and ill-being

This activity will help you and the family to:

- Look out for the signs which indicate how your loved one is feeling, including the 'visual clues' which show a sense of well-being
- In time, understand if your chosen activity is having the desired effect, or if you need to change tack
- Help younger members of the family to understand that well-being and 'happiness' is shown in all kinds of different ways and provide reassurance that what they do and say does make a difference to their loved one

Pay closer attention to the subtle and not-so-subtle 'clues' that show your loved one is contented and happy. Use the signs of well-being / ill-being in the table below and make a note of the particular times your loved one demonstrates these behaviours / characteristics. For example, when doing the *Dementia and the family* activities, are there particular ones that your loved one clearly enjoys? What is it that makes them laugh? Are there certain 'activities' (including doing chores around the home) they are motivated to undertake without anyone else having to indicate. There are the things you need to do more of in life! Equally, make a note of the times when your loved one shows signs of ill-being – so, over time, you are aware of the 'triggers' to avoid. Add your own signs of well-being / ill-being to the table. Everyone is unique and you will notice that your loved one has his or her own ways of expressing feelings and emotions.

Signs of well-being	Times / activities / moments when demonstrated
<i>Relaxed and contented</i>	<i>When undertaking music-based activity; when doing repetitive tasks, such as repotting plants</i>
Laughter	



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Attachment / bonding / closeness to family members	
Recognition and connection with the past	
Choice and choosing	
Social interaction / being part of the family	
Motivation / the desire to take part in activities	
Expressing feelings and emotions freely (eg, through music and dance)	
Signs of confidence (willingness to utilise skills and abilities)	
Self-respect and self-care (eg, taking pride in appearance before going to church)	

