Wellness in the Person with Dementia

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What Does Successful Aging Look Like to You?
Influence Factors on Health Status

- Environment: 20%
- Human Biology: 20%
- Medical Care: 10%
- Lifestyle and Behavior: 50%
Dimensions of Wellness

- Physical
- Intellectual
- Emotional
- Social
- Spiritual
- Occupational
- Environmental
Focus not on “What’s the Matter”

Focus on “What Matters Most”
No matter what one’s level of cognition, a personalized approach to wellness is impactful.
Supporting the Individual

• Emphasize importance of small, incremental steps for change

• Not achieving goals, an opportunity to re-adjust and re-consider goals

• Always focus on “what matters most”
Never believe that a few caring people can't change the world. For, indeed, that's all who ever have.

*Margaret Mead*