



# MAINTAINING ADVENTURE WITH DEMENTIA: HOW PHYSIOTHERAPY CAN PROMOTE *SALUTOGENESIS*

My physio talked to me and my carer about what was important to me, and the ways that I could **continue living as full a life as possible**. She wants to treat me, rather than focus on my dementia.



## COMPREHENSIBILITY

- My physio teaches my exercises in a way that makes sense to me (1)
- She also writes the instructions down so that me and my carer can check again later if we need to
- She uses short sentences so she is easy to understand.

**COMPREHENSIBILITY** "...the extent to which one perceives external stimuli as rationally understandable, and as information that is orderly, coherent, clear, structured, rather than noise..." (2; Antonovsky, 1991, p. 39)



## MANAGEABILITY

- The exercises I do with my physio helps me keep a clear head (3) and stops me from falling (4)
- She encourages my carer to join in, which makes it more fun for all of us (5)
- We use a small room that is quiet and well-lit, which helps me concentrate and feel at home
- When I can't make it to an appointment, she can visit me at my home
- She also helps me with other troubles I have, like pain

**MANAGEABILITY** "...the degree to which one feels that there are resources at one's disposal that can be used to meet the requirements of the stimuli one is bombarded by." (2; Antonovsky, 1991, p. 40)



## MEANINGFULNESS

- My physio motivates me and my carer to stay physically active every day (6)
- She helps make it easy and fun, by doing things that I like (like line dancing, gardening and bird watching)
- These activities make me happy, and help me keep on keeping on.

**MEANINGFULNESS** "...the extent to which one feels that life has an emotional meaning, that at least of the problems faced in life at face are worth commitment and dedication..." (2; Antonovsky, 1991, p. 41)

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