



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)

ACKNOWLEDGEMENTS / SOURCES:

- Dr Angie Fearon at the University of Canberra
- 'Movement for Movement' resources from the University of Nottingham



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