Appropriate Prescribing of Anti – Psychotics in Residential Care
National Collaborative Event
Dementia Care Target 3
&
Medicines Management Target
Mattering

The concept, glue and future of dementia care

David Sheard (Dr)
Chief Executive/Founder Dementia Care Matters
Visiting Senior Fellow, University of Surrey UK.
- Is it a word?

- Present participle of verb Matter.
"Mattering is feeling deep inside that to someone or something and somewhere you really count. Mattering is about knowing that just being who you are really matters. Mattering is having evidence you can see, hear and feel that you make a difference and are needed."

David M Sheard 2012
Deep End Dance

Directed by Conor Horgan
Choreographed by David Bloger
https://dl.dropbox.com/u/15016904/Deep%20End%20Dance%20Clip.mp4
MATTERING®

What does it mean?

- To be of importance
- To be influential
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- Having consequence
- Carrying weight
- Making a difference
- Counting
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Closely linked to:

- Feelings
- Well being
“T. S. Eliot suggested that being important to others, and making a difference in others' lives, was actually one of the greatest purposes of life (1934).”
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Highly effective in:

• Increasing academic success
• School counselling
• Reducing family violence
• Increasing job satisfaction
• Protection against depression
"Mattering is the prime mover in a chain reaction involving self-esteem and attitudes toward violence. If you don't matter, it sets up a chain of unfortunate feelings and events that makes it difficult to get along."

Elliot GC (2011)
Journal of Family Issues
“If school counsellors show students that they have high expectations of them, and that the students are important, make a difference in the school, and matter, the possibilities for academic success may be limitless. This is likely true for all students in all schools.”

Journal of Professional School Counselling
“Our analysis reveals that those who matter more are significantly less likely to consider suicide”

Elliot G C et al (2005)
Social Psychology Quarterly
“analyses confirm that mattering is conditionally predictive of depression by gender. Specifically, variations in mattering are predictive of depression for women, but not for men”

Journal of Health and Social Behaviour
“Not mattering is a problem for the elderly, especially those who have been warehoused”

Peterson C (2009)
Psychology Today
“Mattering is highly contagious. Mattering needs to be local and it needs to be reciprocal if you take an interest in those around you, if you depend on them, if you miss them when they are gone, then you are also likely to matter to them”

Peterson C (2009)
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- Awareness – do others know you exist
- Importance – do they invest time and resources in you?
- Reliance – do they look to you as a resource?

Elliot G (2009)
MATTERING®

Need to centre on people having in their lives a sense of:

ATTENTION
IMPORTANCE
DEPENDENCE
EXTENSION
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People need to feel from others that they are:

- Important to people
- Attached to people
- Missed by other people
- Interesting to other people
- Depended upon by people

Peterson C (2009)
MATTERING®
What dementia care is all about
Culture Change
Leadership
Person Centred
Relationship focused
Well being & Occupation
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Four Levels in Life

Level One –

Mattering inside Oneself: Expression of Feelings, Contributing to Others, Having Self Esteem
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Four Levels in Life

Level Two –

Mattering in Life: Identity and Memories, Daily Life, Need and Dependency
Level Three – Mattering in Location: Feeling at Home, Personal Belonging, Closeness
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Four Levels in Life

Level Four –

Mattering in Time: Past Life, Living Now, A future
“I hope when I stop people will think sometimes I mattered”

Martina Navratilova
“I’ve learnt that

- People will forget what you said
- People will forget what you did
- But people will never forget how you make them feel”

Dr Maya Angelou
Dementia Care Matters new work:

“The Feeling of Mattering”

David Sheard
DVD training programme
for nurses and care workers

David Sheard with four leading care homes demonstrates the very best dementia care

Find out more at www.dementiacarematters.com
MATTERING ®

- New concept in dementia care
- New 2 part Training DVD
- New certificate in Dementia Care/Accreditation test
- New Dementia Care Matters book
- New MATTERING® Pen Picture Tool
- Launch at Dementia Congress UK
MATTERING® in a dementia care home

Part One:

Feel

Look

Connect

Occupy

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MATTERING® in a dementia care home

Part Two:

SHARE

REACH

RELAX

MATTER

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“Feeling you matter is at the core of being a person, Knowing you matter is at the heart of being alive, Seeing you matter is at the centre of carrying on in life”

David Sheard
MATTERING®

“Above all else – there’s a need to matter”

Elliot G (2009)
MATTERING®

“The end is to matter to other people”

Peterson C (2009)
MATTERING®

“You matter because you are you
You matter to the end of your life”

Dame Cicely Saunders
Founder of St Christopher's Hospice
London
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MATTERING MATTERS

IN DEMENTIA CARE
MATTERING ®

“Feel, Look, Connect, Occupy, Share, Reach, Relax, Matter.”
https://dl.dropbox.com/u/15016904/a.%20MATTERING%20Opening.mov