

IMPROVING DEMENTIA CARE THROUGH SELF-EXPERIENCE



#INTenSE_Erasmus 

As the number of people with dementia increases, it becomes crucial to better understand the needs of people living with dementia and create environments where they can get the best care and participate in social life.

All professionals involved in dementia care should gain a sound understanding of the impact of dementia to anticipate the care that is required. **Self-experience** is scientifically proven to be the best way to create empathy and real understanding as a means to change practice, improve the quality of care and support people with dementia in their daily lives.



Putting yourself into someone else's shoes, it is the only way to experience the others' feelings.



...we have to look at the means to the end. Yeah. And the means to the end is the person with dementia will be cared for in a much more empathetic and compassionate level of understanding if the person caring for them knows the degree of impact that goes on within their reality.

The INTenSE project

Improving dementia care Through Self-Experience (INTenSE) project is a European project (SPES (IT), SocialIT (IT), Martin-Luther University Halle- Wittenberg (DE), Dublin City University (IRE), and Maastricht University (NL)), funded by the ERASMUS+ program. INTenSE will educate, equip and train health and social care professionals to better support people with dementia through innovative learning approaches and the use of ICT tools that explore the lived experience of the person with dementia. INTenSE will support the setting up of upskilling pathways for professionals across Europe that incorporate and promote successful self-experience methodologies and practices to increase knowledge and understanding of the lived experience of dementia.

The INTenSE final outcomes

Based on literature, expert experiences, and co-design, we will develop the INTenSE e-booklet, the INTenSE Dementia Simulation Toolkit and an ICT platform.

Do you like to know more about our project, or would you like to be involved in our upcoming activities: please visit our website www.intenseprojectdementia.eu, and subscribe to our newsletter.

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