Why do we want to create an App that increases meaningfulness?

To increase the individual's sense of coherence:

WHAT?

- physical, mental and social strengths

HOW?

- visual, auditive, kinesthetic

WHY?

background, interests, participation

Meningsfullness
WHY?

Sense of Coherence SOC

Manageability
WHAT?

Comprehensibility
HOW?

Do you see a need to increase the knowledge of how you can easily implement Sense of coherence (SOC) in to elderlycare today?

Do your students study how to increase the clients sense of coherence?

WHAT?

- How do your students measure and find the client's physical, mental and social strengths?

HOW?

- How does your students choose and use visual, auditive and kinesthetic methods depending on the client's needs?

WHY?

How does your students find out the client's background, interests and participation?

We want to strengthen person-centred care with meaningful choices in everyday life:

- the person's resources

I can…

I want…

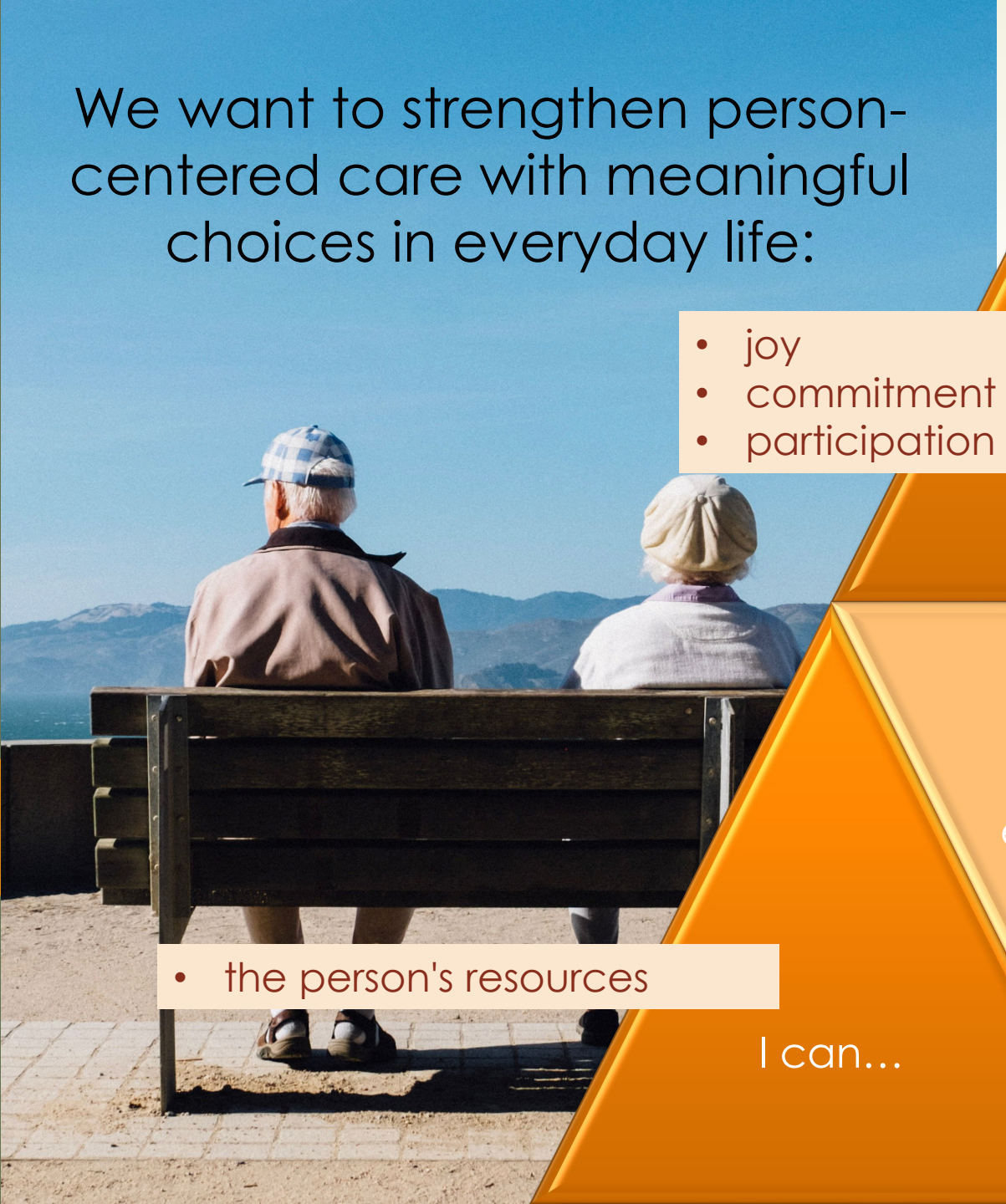
- joy
- commitment
- participation

Meaningful choises in everyday life

I know / I understand...

- cognition
- senses
- possibilities of the environment

We want to strengthen person-centered care with meaningful choices in everyday life:



- joy
- commitment
- participation

I want…

Meaningful choices in everyday life

- the person's resources

I can…

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- cognition
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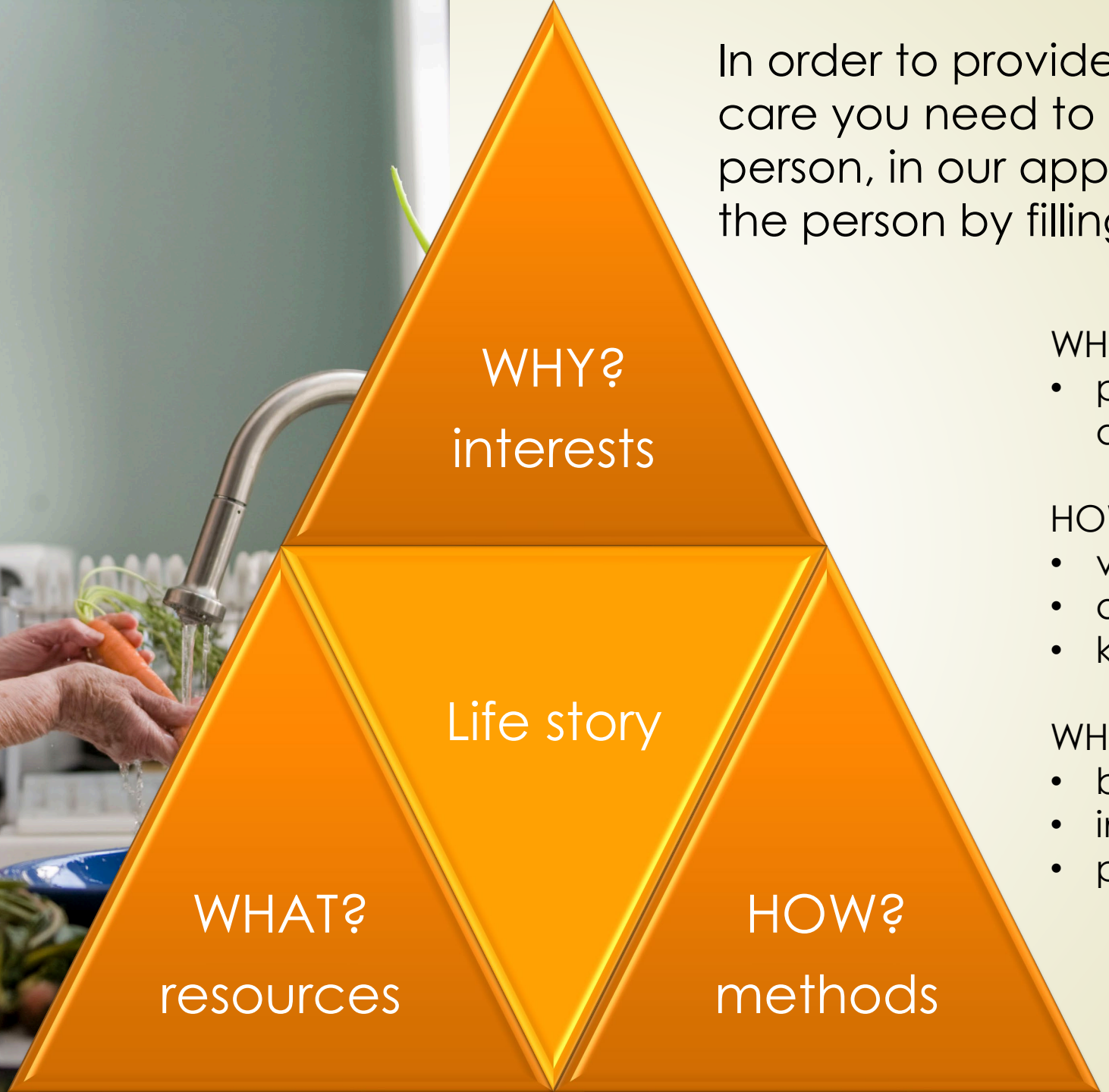
- possibilities of the environment

How will the care giver in everyday life, find out:

- what the client wants?
- what the client knows and understands?
- what the client manages to do by him-/ herself

How does the care giver make sure that the client gets meaningful choices in everyday life?

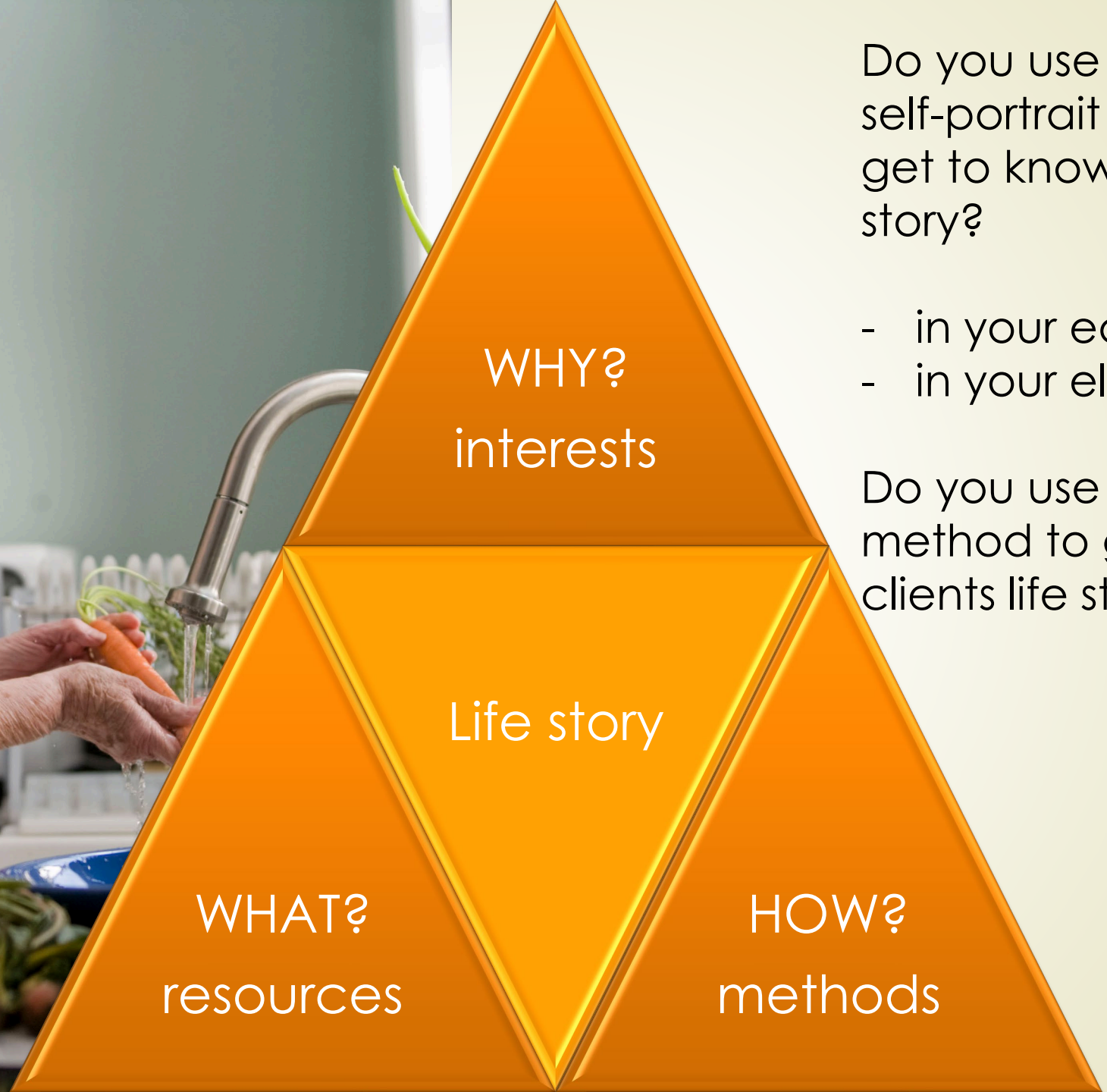
In order to provide person-centred care you need to know the person, in our app you get to know the person by filling in the life story:



WHAT?
- physical, mental and social strengths

HOW?
- visual
- auditive
- kinesthetic

WHY?
- background
- interests
- participation

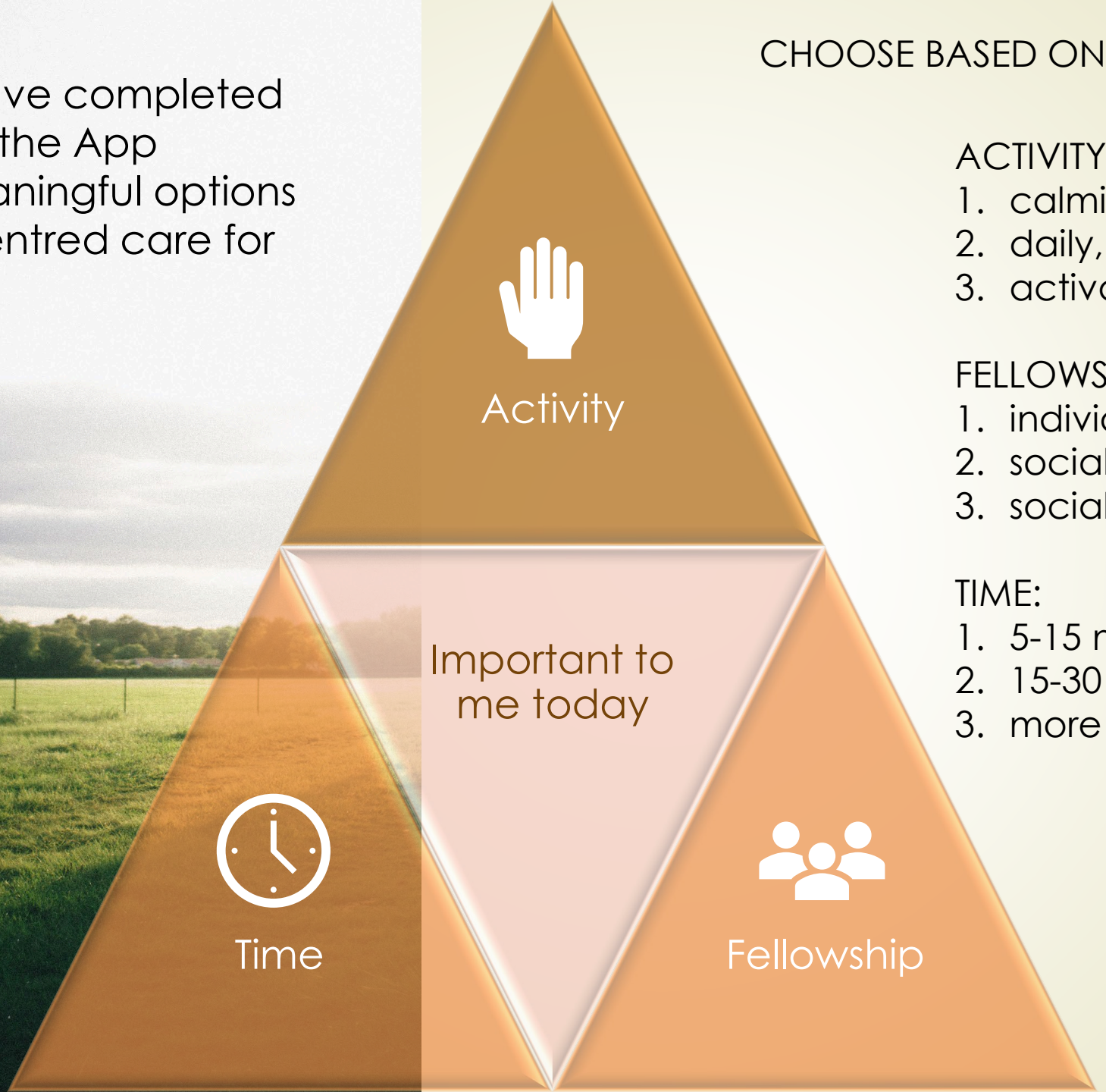


Do you use a tree of life or a self-portrait monologue to get to know the clients life story?

- in your education?
- in your elderlycare?

Do you use some other method to get to know the clients life story?

Once you have completed the life story, the App suggests meaningful options for person-centred care for today.



CHOOSE BASED ON HOW YOU FEEL TODAY

ACTIVITY:
1. calming
2. daily, routine
3. activating

FELLOWSHIP:
1. individually
2. social participation
3. social activities

TIME:
1. 5-15 min
2. 15-30 min
3. more than 30 min

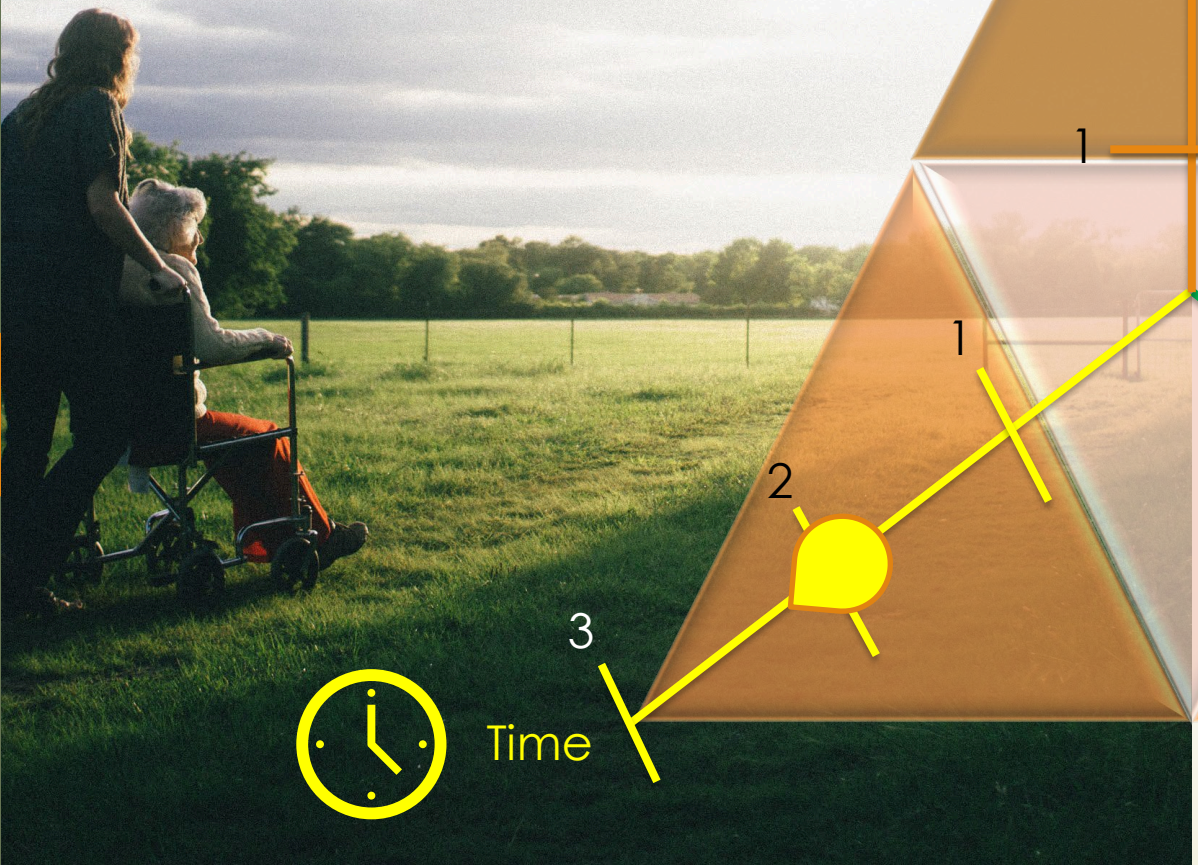
CHOOSE BASED ON HOW YOU FEEL TODAY

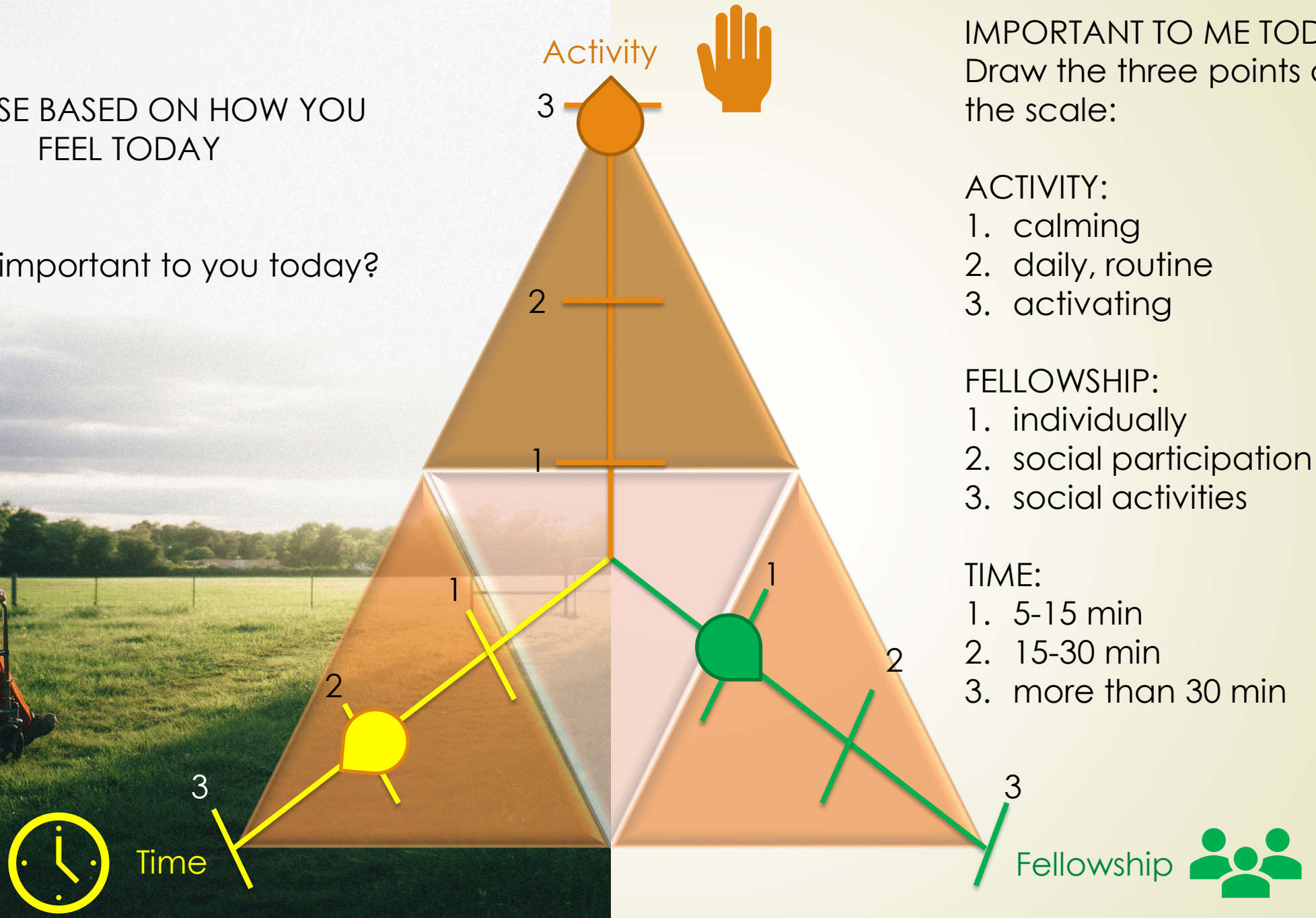
Do you think you could use this kind of an App to:

- increase the individual's sense of coherence in your elderly care?
- increase the students understanding of SOC?
- increase meaningful options for person-centered care in your elderly care ?
- something else?

CHOOSE BASED ON HOW YOU FEEL TODAY

What is important to you today?





IMPORTANT TO ME TODAY
Draw the three points according to the scale:

ACTIVITY:
1. calming
2. daily, routine
3. activating

FELLOWSHIP:
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TIME:
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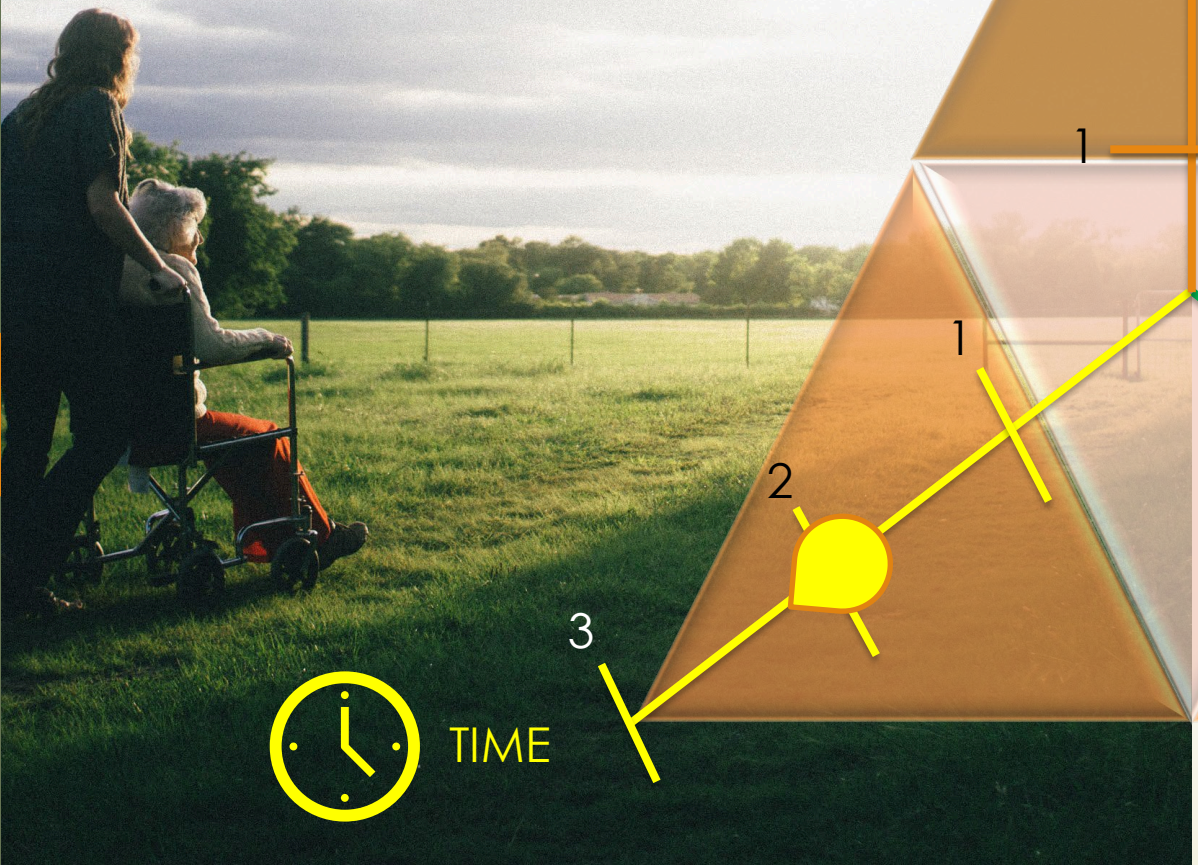
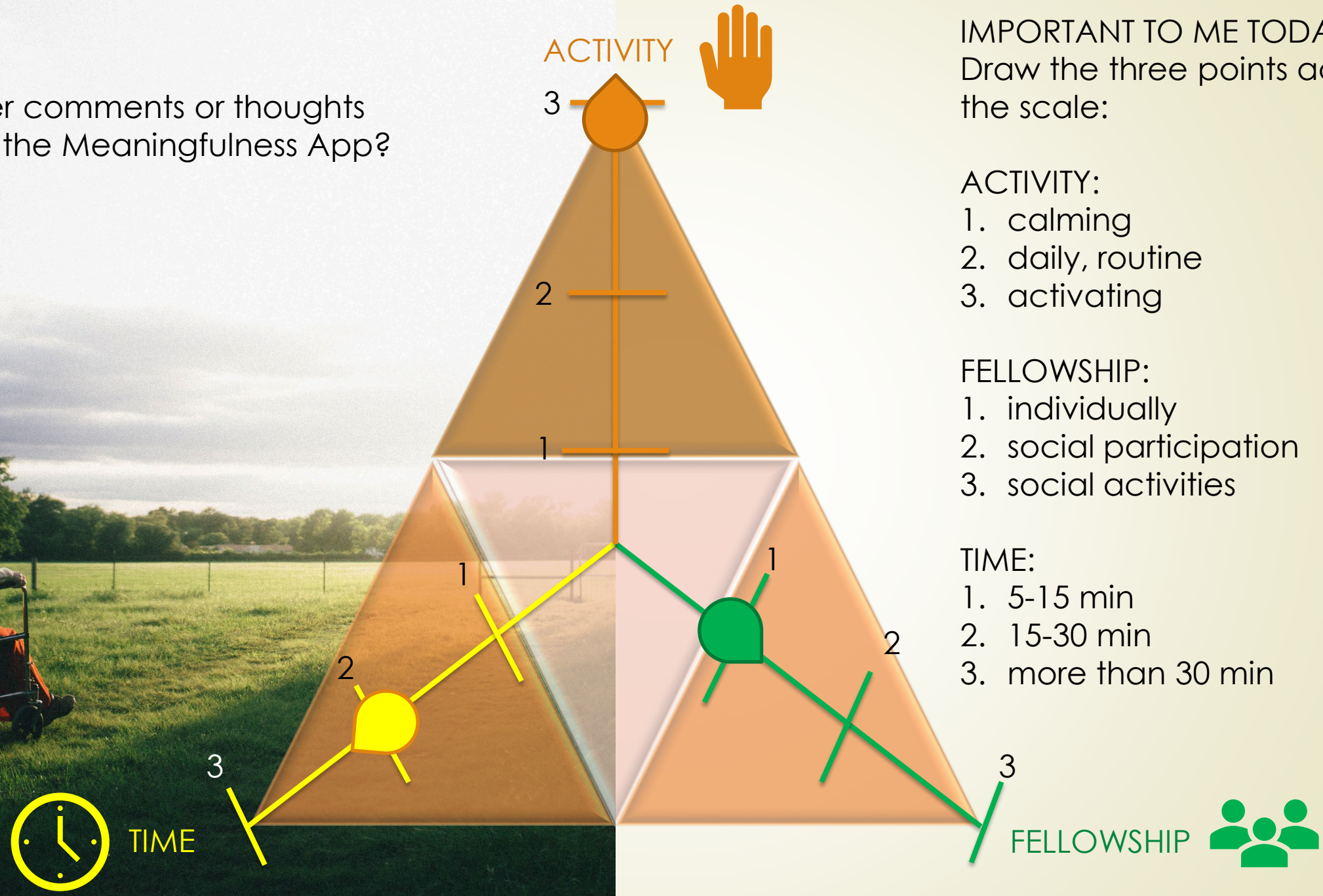
Other comments or thoughts about the Meaningfulness App?





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