

From 2004 to 2015, I visited people with dementia both in care homes and in their own homes. My work focused on promoting individual freedom despite changed living conditions in order to restore the emotional stability of the people in my care.

The care market is booming. The number of facilities centred around people in need of care continues to grow. However, being physically well cared for is not always enough for people who are confronted with a new phase in their lives that is primarily characterised by dependency. Many people experience a feeling of being at the mercy of others and helpless, which often manifests itself in the form of refusing to eat, apathetic behaviour or social withdrawal. These are just a few signs in the behaviour of people in need of care, which I now interpret as the consequence of emotional instability.

There is a lack of a personalised approach, attention and listening, and this is where my service came in. I approached people step by step, recognised their needs, identified their potential and helped them on their way to feeling comfortable and a little "self-determined" again in their changed life situation.

It is an intuitive process in which I engaged all those involved, e.g. the nursing staff, physiotherapists, music therapists, etc., in order to create a personalised environment for the person.