

**Support My Strengths:  
Being Strengths versus Performance Strengths**

Care of the person with dementia often focuses on function and abilities. It is important to understand what the person is **ABLE** to do as well as when help is required. Holistic care includes building upon the individual's strengths. As the disease progresses, performance strengths are lost but **BEING** strengths may remain. Create strategies which provide opportunities for residents to use their being strengths. *Adapted from Lori Amdam & P.I.E.C.E.S. March 2013*

<b>PERFORMANCE strengths are progressively lost</b>
<i>Examples:</i>
Walk
Use the washroom without help
Eat unassisted
Swallow solid food
Move in bed
Ask for help

<b>BEING strengths may remain as the disease progresses</b>
<i>Examples:</i>
Compassion
Patience
Humour
Kindness
Creativity
Forgiveness

**What does this information mean to your understanding of who the person is?**

**How can you use knowledge of their personal strengths to support their care?**