

The demenz balance-Modell©

Experiential Learning as a Pathway to a Person-Centred Approach in Dementia Care

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CORE IDEA

Self-experience becomes professional learning through reflection. By experiencing and analysing the relationship between the loss of personal resources and the need for external support, participants develop a professionally grounded understanding of person-centred dementia care.

BACKGROUND

The demenz balance-Modell© is grounded in Tom Kitwood's person-centred approach, which understands personhood as relational and emphasises the importance of recognising and supporting psychological needs. As personal resources decline, supportive relationships and the social environment become increasingly important for maintaining personhood and well-being (Kitwood, 1997).

THE DEMENZ BALANCE-MODELL©

The demenz balance-Modell© can be used to train both dementia care professionals and family caregivers, fostering a person-centred understanding of dementia care. Through guided self-experience, structured reflection and professional transfer, the model provides an experiential approach to learning.

THE SELF-EXPERIENCE PROCESS

- 1 THIS IS ME**
Recognising personal resources
- 2 LOSING BALANCE**
Experiencing the loss of personal resources
- 3 REGAINING BALANCE**
Experiencing compensation from the outside

The starting point: Participants identify the personal resources that shape their identity, contribute to their well-being and help them maintain a sense of balance.



Step by step, participants' personal resources are symbolically taken away. **The key experience:** As personal resources decrease, maintaining balance becomes increasingly difficult through one's own resources alone.



Participants identify the support they need to regain balance. As personal resources decrease, compensatory support from the social environment becomes increasingly important.



FROM SELF-EXPERIENCE TO PROFESSIONAL COMPETENCE

SELF-EXPERIENCE → REFLECTION → PROFESSIONAL COMPETENCE → PERSON-CENTRED PRACTICE

Through structured reflection, participants transform their personal experience into professionally grounded knowledge and action.

TAKE-HOME MESSAGE

The demenz balance-Modell© offers an experiential pathway to understanding dementia. Through structured reflection, this experience can strengthen professional competence and person-centred dementia care.