The background of the slide features a light, textured surface, possibly paper or fabric, with several dried, pressed leaves scattered across it. The leaves are in various shades of brown and tan, with some showing the veins. One leaf is particularly prominent on the left side, extending from the top towards the bottom. Another leaf is visible on the right side, partially overlapping the text.

# Workshop Haptonomie in Person Centred Care (PCC) for People with Dementia

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# Curriculum Vitae

- born in Bruges, Brugge
- physiotherapist, relaxationtherapist
- working (Manager Wellbeing Team) since febr. 2011 at WZC (nursing home) De Vliedberg, Bruges (90 elderly persons with dementia)
- author of ‘Relaxatie bij dementerenden’, Kluwer, 2003; co-author ‘Een steen in je hand’, Garant, 2008




# Haptonomie in Person Centred Care (PCC) for People with Dementia

- haptonomie?
- massage as touching technique
- two techniques
  - dynamic hapto-relaxation
  - sensory relaxation




# Haptonomie

- = science of affectivity
- = science of non-verbal communication
- ‘hapsis’ and “nomos”
- hapto = I touch you (on), I feel you (on)
- Frans Veldman: Dutch physiotherapist



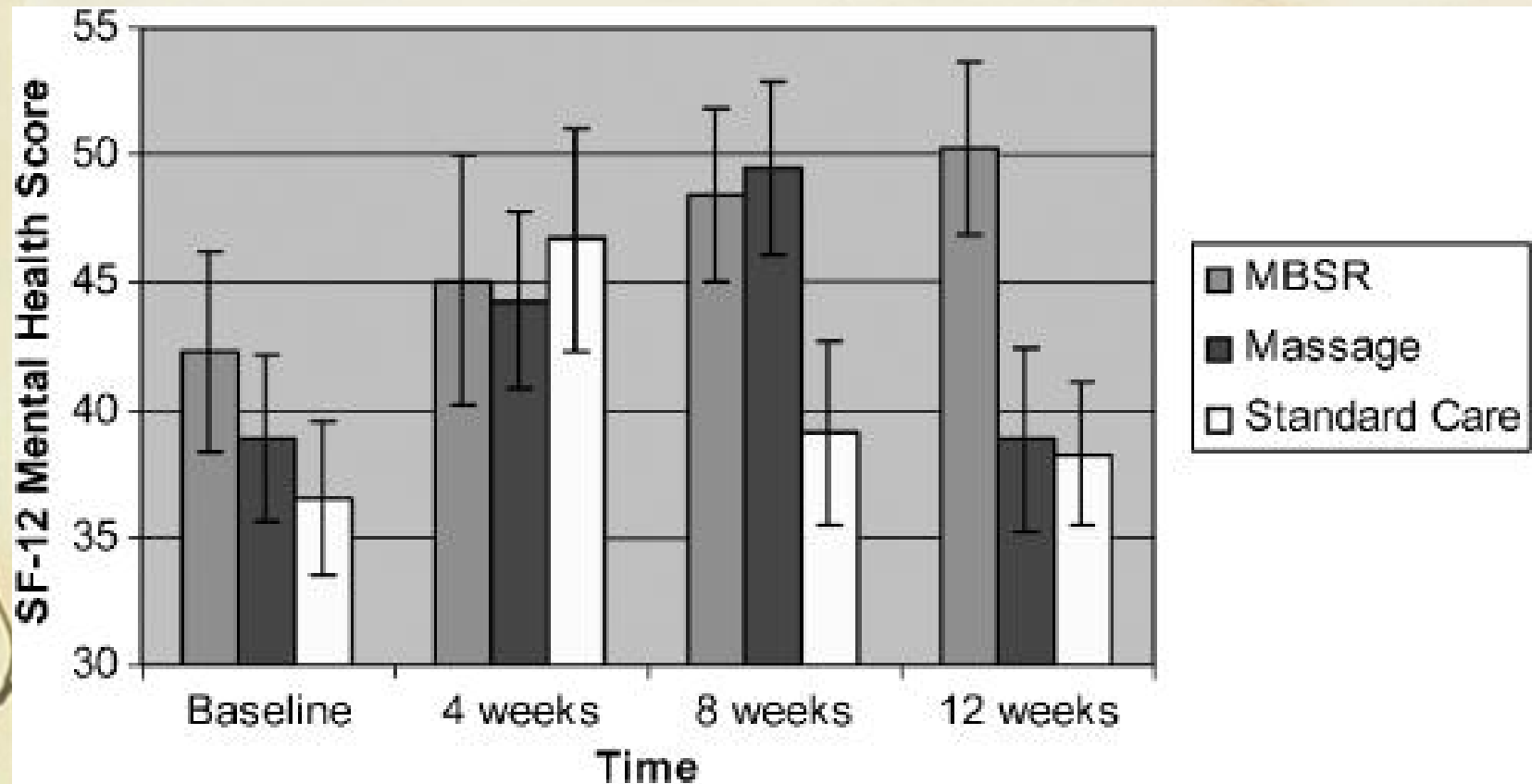
# Why massage... why touching?

- Please, touch me...if I am your aged father or mother, please, touch me...when I was young, I've been touched so many times. Hold my hand, sit close to me, give me some power and warm my tired body with your presence. I know my skin is wrinkled but it loves to be touched, don't be afraid...just touch me...




# Why massage... why touching?

- The need of touching or being touched increases with age
- When we suffer from pain, sorrow or feeling down, we need more to being touched
- A touching session given on the right moment and on the right place is sometimes the only right and justified intervention



Average SF-12 mental health scores with standard errors for mindfulness-based stress reduction, massage and standard care groups from baseline through 12 weeks for participants who completed the study ( $n=23$ ). (J Gen Intern Med, 2005 December; 20(12): 1136-1138)


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# Why massage... why touching?

- Verbal communication and active listening can be supported by gently touching
- Goals of gently touching:
  - Relaxing the body; decreasing the general tonus
  - Increasing the general well-being
  - Being touched = sensory experience





# Why massage... why touching?

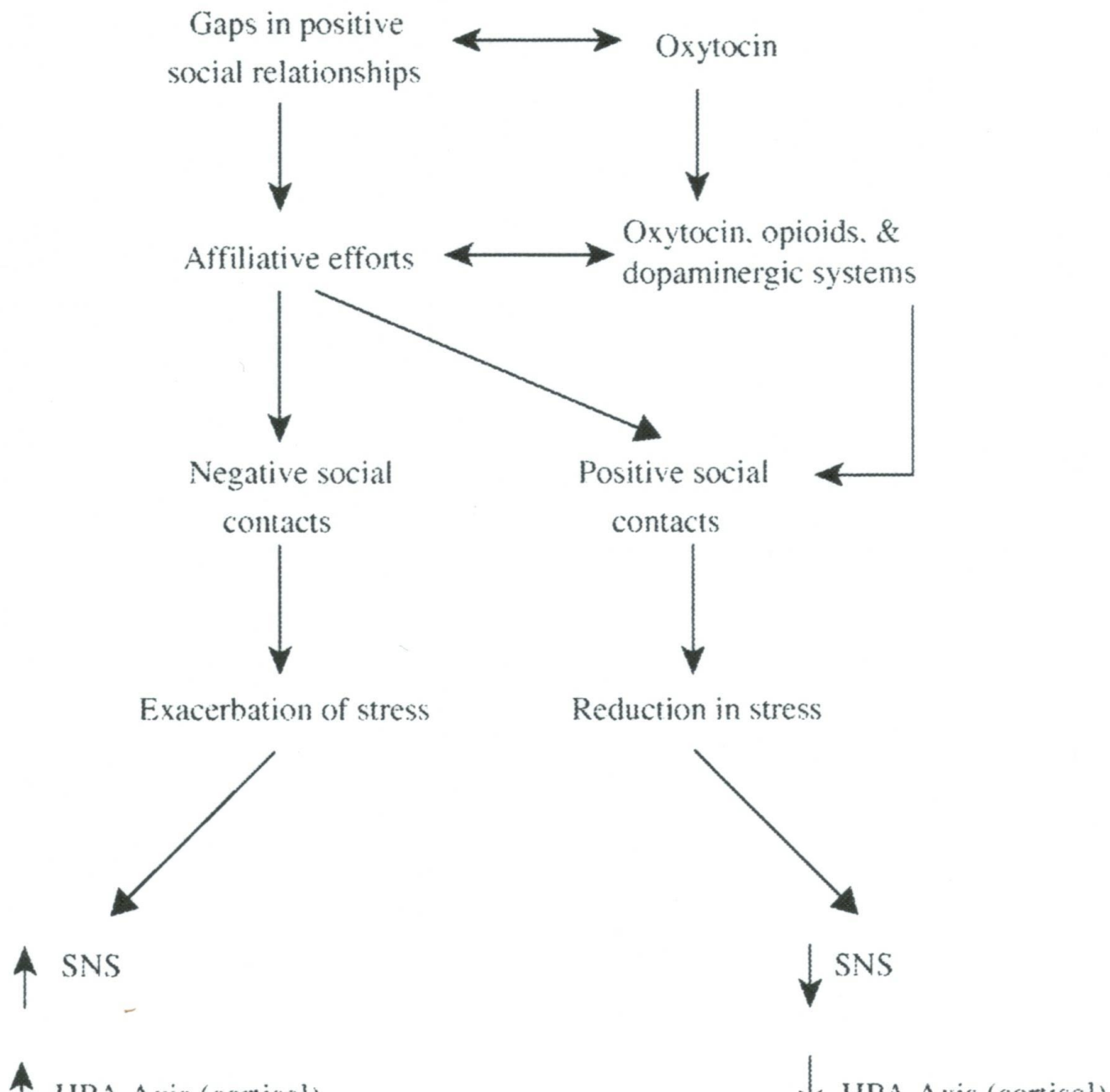
- K. Uvnäs-Moberg: “ touch may sometimes work better, since somatosensory stimulation activates the release of oxytocin from hypothalamic paraventricular via a direct mechanism which cannot easily be blocked by anxiety”

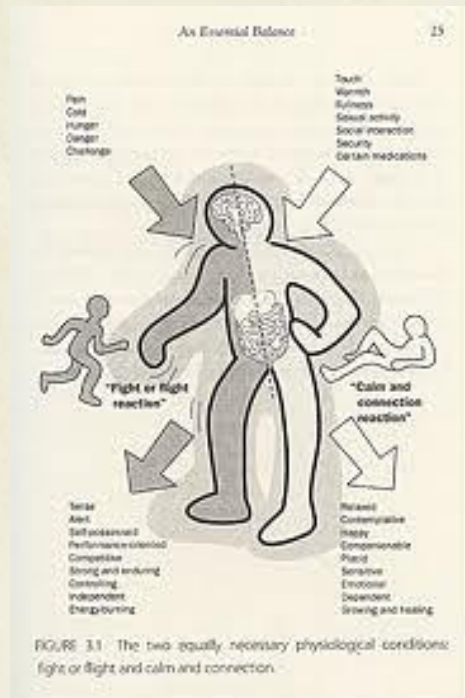
# Effects of gently touching

- experiment: gently stroking on the front side; 40/min. (male/females conscious rats)
  - Decrease of pulse and blood pressure
  - Increase nociceptive threshold
  - Lower production of stress hormones
  - Better growing
  - More social interaction, ameliorated possibilities to learn

# Effects of gently touching

- experiment
- relation between oxytocin production and touching
  - coping in stress by women: tender and loving
  - elder people: ameliorated sleep patterns, decrease pain, less confused (more alert and social)
  - voor both !!!!





# Experiments in touching





# Keywords in touching

- touching = meeting the other
- approaching the other and to be approached by the other = reciprocal moving = approaching in 2 directions
- approaching the other = to meet the other



# Keywords in touching

- what you touch, touch you on





# Keywords in touching

- when you touch some one, that influence the ‘being’ of the other and yourself
- touching : opening and closing
- touching: action versus rest
- touching: always looking for tuning



# Keywords in touching

- touching: intensity versus subtlety
- touching: inside and outside body
- touching: respect
- touching: timelessness
- touching: principle of haptonomie



# Haptonomie

- = offers possibilities to go (feel) back your own body, your own feelings
- = to live (again) in yourself
- good hand (who's touching the other) according to the rules of haptonomie



# ‘Good hand’ in haptonomie

- affective, present and transparent
- confirming, protecting, enclosing, disclosing and guarding
- authentic, reliable and available

# Principle of haptonomie

- PRESENCE
- PRUDENCE
- TRANSPARENCY

# PRESENCE





# PRESENCE

- physical (attendance) and mental (involvement)
- availability
- open minded

# PRUDENCE



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# PRUDENCE

- leads balance presence versus distance
- determines the movement for tuning
- proves respect

# TRANSPARENCY





# TRANSPARENCY

- clearness
- expert

# Dynamic hapto relaxation



# Dynamic hapto relaxation

- stroking; brushing
- rocking
- snowing
- balancing
- frictioning
- discharging
- rocking and ending



# Sensory Relaxation

- Covering of the crown
- Covering of the cheeks
- Alternating between crown and cheek
- Head on a tray
- Wrapping around the shoulders
- Wrapping around the arms



# Sensory Relaxation


- Strumming of the face
- Strumming of the arms
- Hands on the lung fields
- Roof on the head
- Stroking on the face
- Stretching of the earlobes



# Sensory Relaxation


- Massage of the temples
- Stroking from occiput to shoulders
- Confirming the head
- Confirming the person





# Some advice for a fittest contact or touching moment

- **Don't expect something but be present at the moment**
  - maintaining the moment
  - significant being-with
  - unconditional
  - presence



# Some advice for a fittest contact or touching moment

- **Maximum presence with attention for distance**

- intensity versus subtlety
- don't work too hard
- respect your own limits



# Some advice for a fittest contact or touching moment

- **Be available in your presence**
  - in presence your way of presentation shall manifest
  - remember always why you do this job
  - unselfish, friendly and joyful



# Some advice for a fittest contact or touching moment

- **Be careful and discreet in your availability**
  - it have to match
  - carefulness and precision
  - searching and recognizing
  - contact: safety, enclosed, tenderness; gently



# Some advice for a fittest contact or touching moment

- **Explain what you're doing and let your voice guiding your touching hands**
  - clearness
  - you're the expert
  - without ulterior motive
  - sincere
  - ...sometimes...humming



# Some advice for a fittest contact or touching moment


## ○ **Keep yourself relax and comfortable**

- relaxed attitude, interior rest
- relaxed setting
- undisturbed



# Some advice for a fittest contact or touching moment

- **Share these advices with others caregivers**
  - demonstrate on them
  - self experience is the best ...



**THANKS AND GOOD LUCK !!!**