



Positive Psychology Approaches to Dementia

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How can positive psychology approaches help us to understand the process of adjustment to, and living well with dementia?

As accounts of positive experiences in dementia are increasingly emerging, this book reviews current evidence and explores how psychological constructs such as hope, humour, creativity, spirituality, wisdom, resilience and personal growth may be linked with wellbeing and quality of life in dementia. Expert contributors from a range of academic and clinical backgrounds examine the application of positive psychological concepts to dementia and dementia care practice. The lived experiences of people with dementia are central to the book, and their voices bring life to the ideas explored, highlighting how positive experiences in dementia and dementia care are possible.

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