



The Founders Place Approach

The core philosophy of Founders Place as a program that provides people with memory loss a sense of purpose, meaning and hope stems from tenets found in Dr. Allen Power's book Dementia Beyond Drugs. His theory is that instead of filling those suffering from this issue with a heavy diet of powerful narcotics, anti-hallucinogens, antipsychotics and antidepressants, we need to work to fill them with well-being. In "Psychology Today," Tchiki Davis defines well-being as the *experience of health, happiness and prosperity*. It includes having good mental health, high life satisfaction, and a sense of meaning and purpose. Founders Place is a social program, not a medical program, where ordinary people are doing an extraordinary thing: fueling a "friendship revolution" between volunteers and friends (participants) in a joyful community where the focus is squarely on the person, not the memory loss. Dr. Power asserts that once a person is diagnosed with dementia, we need to look at a holistic approach to taking care of their emotional and spiritual needs instead of relying solely on medicines that often make the symptoms worse. He believes we have to fill our loved ones up with the seven components of well-being. At Saint Luke's, our volunteers are trained to strive to fill these seven glasses each day Founders Place is in session:

1. Identity
2. Connection
3. Security
4. Autonomy
5. Meaning
6. Growth
7. Joy

By doing this, we are filling our friends with well-being. This is the core goal of Founders Place, the essential duty of every volunteer, and the motivation behind every activity and conversation in our program.