



The Spark of Life Club Approach

This is a program that was created by Jane Verity with Dementia Care Australia. It fits beautifully with the ideas behind the Eden Alternative and Person Centered Care. The Spark of Life Club is simply a gentle, practical, and celebratory approach to human relationships and communication.

The Club is implemented with small memberships that operate on an equal level, it provides a safe haven where people with dementia can experience success in everything they say and do. This naturally boosts their self-confidence and enhances their ability to communicate. "When people with dementia participate in Spark of Life Clubs, most difficult behaviors simply disappear!"

How it works?

The participants of the Spark of Life Club are specially invited to become members. Membership means that the participants have the experience of belonging to a group, which provides familiarity, safety, and security.

Club membership is small, no more than eight, depending on their communication levels.

The club meetings run for a minimum of one hour, during which a variety of activities take place to strengthen aspects of familiarity, safety, and security; as well as the joy of recognition.

The focus is always on the club members abilities, strengths, and resources – on what they can do instead of what they cannot. Based on love, appreciation, playfulness, and patience, the Spark of Life Club encourages spontaneous and creative self expression.

The club members are the center of attention and it is their show. They are the ones in the spotlight!

As a Spark of Life Club facilitator you need to have a positive, loving and playful attitude and enjoy being with people who have dementia. When a facilitator has a thorough understanding of these special people, they are willing to open up to their ways and develop the necessary skills to create and adapt specialized programs.

Attached is the outline that I use for the Spark of Life Club at Provo Rehab & Nursing. It isn't exactly as Jane Varity describes it, but uses the same principles. Feel free to use our outline or change it to suit your needs at your facility. Also, you will find a ton of great information from her website, www.dementiacareaustralia.com. Sign up for the newsletters and get weekly tips for working with people with dementia.

Spark of Life Club

Date: _____

1. Nametags and Introductions

2. "Let Me Call You Sweetheart"

3. Topic 1:

4. Sensory:

5. Active Game: _____

6. Topic 2:

7. Songs:

8. "Let Me Call You Sweetheart"

9. Nametags and hugs 😊