



PALM COURT
Centre of Excellence in Dementia Care (Teaching)

THE MIRROR PROJECT

A EUROPEAN RESEARCH PROJECT INTO REFLECTIVE LEARNING AT WORK



Palm Court is a participating member of the above research project funded by the European Union. We have a record of research by us into reflective learning to develop carers and nurses to work imaginatively to care and support dementia sufferers and their relatives. We are currently working with Norwegian University of Science and Technology (NTNU), Trondheim with other 6 European countries to innovate technology that can promote reflective practice for staff and dementia sufferers.

Our approach to staff reflective education and development in Dementia Care has attracted interest from academic and care institutions. We use reflective practice as a critical process in refining our specialist care in dementia. Reflective practice is also a way for new carers to recognize their own individual practices and those of successful practitioners. It involves thoughtfully considering one's own experiences in applying knowledge to practice while being coached by professionals in dementia care. We combine Kitwood's philosophy on the moral, situational aspects of caring for the dementia sufferers and their relatives with reflective processes for a more appropriate approach to caring. Our secret for quality lies in our approach to everything we do and think.

We are also member of Clinical Research Centre for Health Professions, WHOOP Project, University of Brighton. This project is about developing facilities for the older person and our focus is our specialism Dementia Care.

Research on effective caring and learning over the past two decades has shown that effective practice is linked to inquiry, reflection, and continuous professional growth. Reflective practice is beneficial in having thinking, caring and sensitive carers whose awareness level is high in meeting needs of dementia sufferers. By gaining a better understanding of their own individual caring styles through reflective practice, carers can improve their effectiveness at work.

Please contact us for reflective education and practice at dfbcareltd@yahoo.com

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