

Table of contents

Thanks	5
Preface	11
1 Introduction	13
2 “Subjectively perceived wellbeing of people with PWS” and “quality of life”	15
3 Theoretical derivations of the concept of “subjectively perceived wellbeing of people with PWS”	17
4 Description of the five elements	19
4.1 Element 1: Positive feelings	19
4.2 Element 2: Engagement (Flow)	21
4.3 Element 3: Social relationships	23
4.4 Element 4: Meaningfulness	25
4.5 Element 5: Experience of self-efficacy	27
5 Derivation of individual profiles from the five elements and their possible applications	29
5.1 Individual profile	29
5.2 Evaluation of housing services and the development of goals based on the profiles	30
5.3 Evaluation of the development of a housing service based on the profiles	31
5.4 Comparison of housing services based on profiles	31
5.5 Orientation for the development of new services for people with PWS	31
6 Application of the five elements in the care and services of people with PWS	33
6.1 Knowledge about the element	34
6.2 Characteristics	34
6.3 Support of the elements	34
6.4 Mindfulness	35
6.5 Setting	35
7 Element 1 Positive feelings	37
7.1 Knowledge about the element Positive Feelings	37
7.1.1 Methods for assessing the skills of people with PWS in the perception of feelings in oneself and in others through the primary environment (perception of others)	38
7.1.2 Methods for determining the person's knowledge of their own feelings (self-perception).	48
7.2 Characteristics	49
7.2.1 Reduced awareness of one's own feelings	49

7.2.2 Reduced ability to differentiate one's own feelings	49
7.2.3 Reduced ability to change emotionally perspective	50
7.2.4 Intellectual disability	50
7.3 Support	50
7.3.1 Methods to support	51
7.4 Mindfulness	55
7.4.1 Information about the element Positive Feelings	55
7.4.2 Methods	56
7.5 Settings	57
7.5.1 Setting and current living environment	57
7.5.2 Methods	58
8 Element 2 Engagement (Flow)	59
8.1 Knowledge about the element Engagement (Flow)	59
8.1.1 Methods for assessing the skills for the implementation of Engagement (Flow) in people with PWS through the primary environment (external perception)	60
8.1.2 Methods for determining knowledge about engaged behaviour in the person himself (Self-perception)	63
8.2 Characteristics	64
8.2.1 Reduced self-awareness of one's own feelings	64
8.2.2 Reduced ability to form transformation chains	64
8.3 Support	66
8.3.1 Methods of support	66
8.4 Mindfulness	69
8.4.1 Information about the engagement element	69
8.4.2 Methods	70
8.5 Settings	71
8.5.1 Setting and current living environment	71
8.5.2 Approaches for expanding the experience of engagement	72
9 Element 3 Social Relationships	73
9.1 Knowledge about the element Social Relationships	73
9.1.1 Methods for assessing the social skills of people with PWS in the area of social relationships through the primary environment (external perception)	74
9.1.2 Methods for determining the knowledge of the person with PWS about their existing social relationships (self-perception)	76

9.2 Characteristics	77
9.2.1 Egocentrism	78
9.2.2 Reduced emotional change of perspective	78
9.2.3 Recognizing feelings in yourself and others	79
9.2.4 Striving for dominance	79
9.3 Supporting social relationships	80
9.3.1 Methods of support	80
9.4 Mindfulness	83
9.4.1 Information about the element of social relationships	83
9.4.2 Methods	83
9.5 Settings	85
9.5.1 Setting and current living environment	85
9.5.2 Methods	86
10 Element 4 Meaningfulness	89
10.1 Knowledge about the element meaningfulness	89
10.1.1 Methods for assessing the skills of people with PWS in reference to element meaningfulness through the primary environment (external perception)	90
10.1.2 Methods for determining knowledge about the existing sense of meaningfulness with the person themselves (self-perception)	93
10.2 Characteristics	94
10.2.1 Cognitive developmental delay	94
10.2.2 Egocentrism	94
10.2.4 Striving for dominance	95
10.3 Support	95
10.3.1 Supporting methods	96
10.4 Mindfulness	98
10.4.1 Information about the element of meaningfulness	98
10.4.2 Methods	99
10.5 Settings	100
10.5.1 Setting and current living environment	101
10.5.2 Methods	101
11 Element 5 Self-efficacy experience	103
11.1 Knowledge about the element experience of self-efficacy	103

11.1.1 Methods for assessing the skills of people with PWS in the area of experiencing self-efficacy (external assessment)	105
11.1.2 Methods for determining knowledge about existing experience of self-efficacy in the person with PWS (self-assessment)	108
11.2 Characteristics	108
11.2.1 Setting learning	109
11.2.2 Striving for dominance	109
11.2.3 Egocentrism	110
11.2.4 Reduced change in perspective	112
11.3 Support	112
11.3.1 Methods for supporting experiencing self-efficacy	113
11.4 Mindfulness	116
11.4.1 Information about the element of experience of self-efficacy	116
11.4.2 Methods	117
11.5 Setting	117
11.5.1 Setting and current living environment	118
11.5.2 Methods	118
11.5.4 Living environment school or work area	120
12 Summary	123
Literature	125