

Personal Care

INCREASING SUCCESS BY
DECREASING DISTRESS

Overview

Questions

Strategies



Understanding Brain Changes

“Behaviours”

Setting up for success

Sequencing

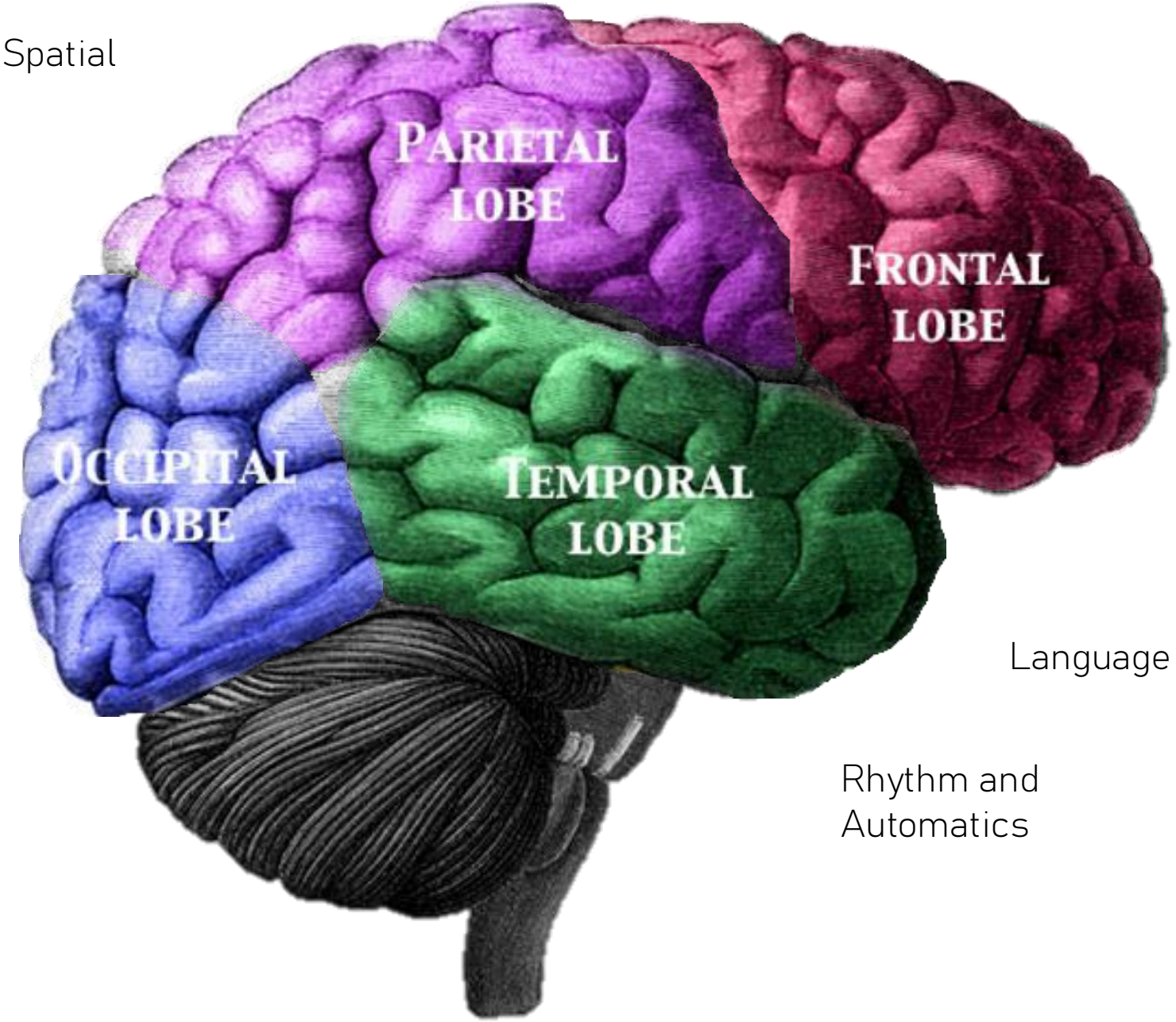
Physical and Spatial Awareness

Reasoning and Logic

Self Control

Complex Decision Making

Empathy and Insight



Visual Processing

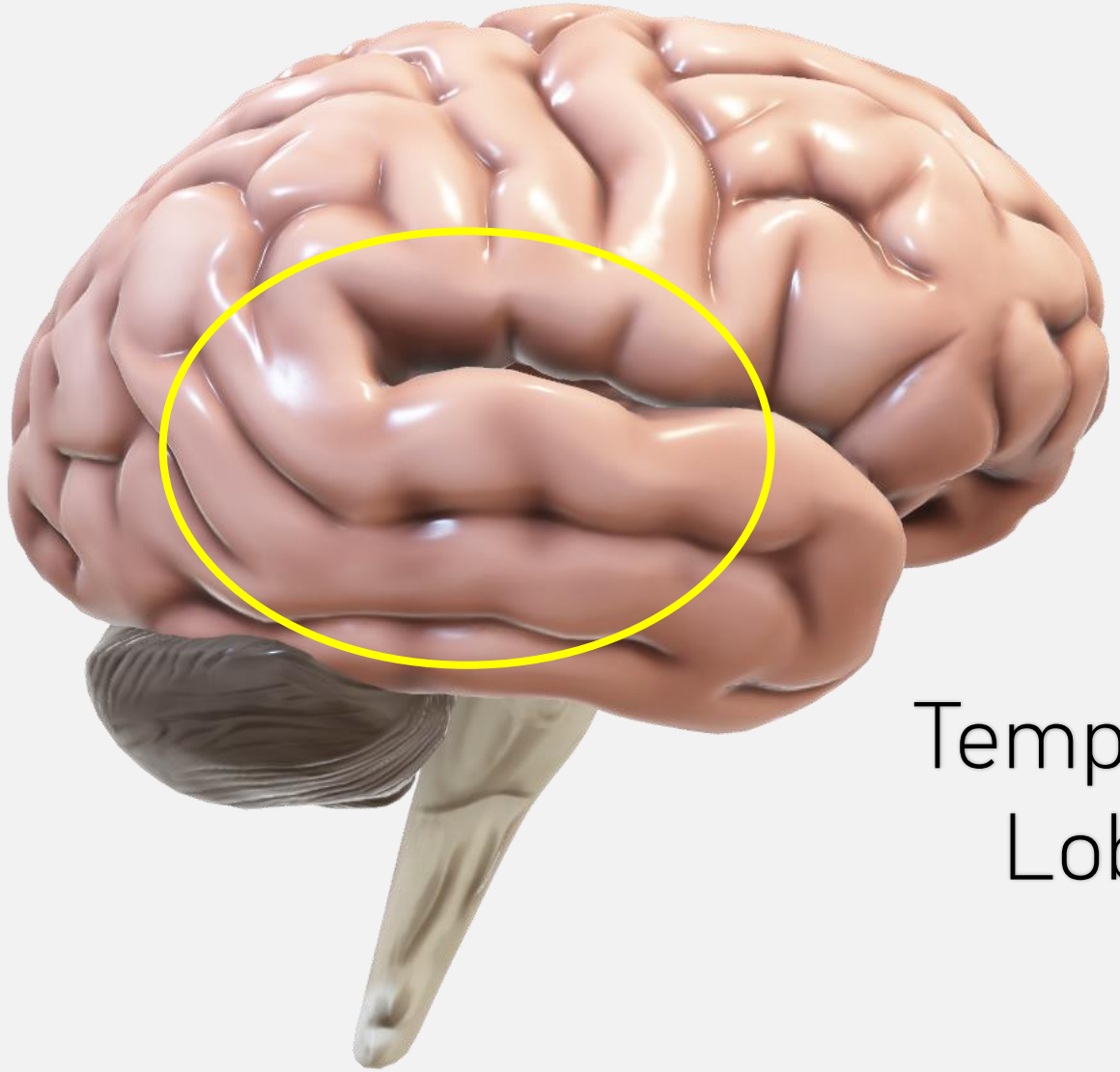
Language Skills

Rhythm and Automatics

Parietal Lobe

Frontal Lobe

Occipital Lobe



Temporal Lobe

Limbic System

Alzheimer Society
MANITOBA
Dementia Care & Brain Health

Being Safe

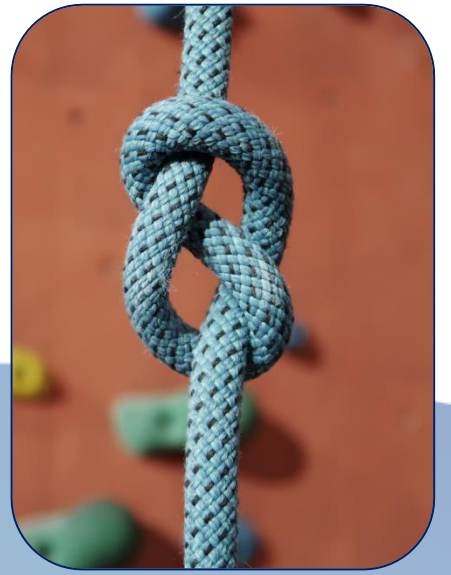




vs

Feeling Safe







Visual Processing



Sensory Changes

Temperature

Visual Processing

Water on Face and Body

Overstimulation

Body Awareness

Understanding “No”

Aggression
Or
Self Protection?

I don't understand

I am scared

I cant do it anymore





Finding the Why

Consider the person's perspective:

- Internal
  - Do They Understand What and Why
  - Can They Get Started, Put the Steps together or Complete?
  - Are they unwell, injured?
  - Is it a bad day or moment?
- External
  - Are we positively connected?
  - Is the space helping or hindering?

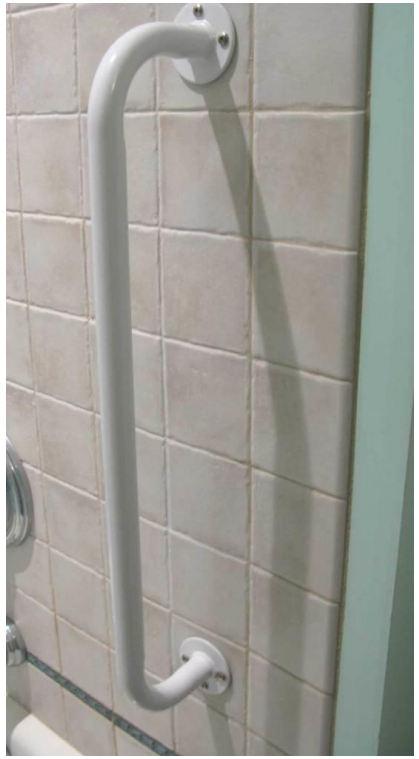
What we lose and what we can still use…

- Losses
  - Language – Comprehension and Expression
  - Complexity – Getting Started, Sequencing, Completion
  - Awareness
  - Impulse Control
  - Self Awareness/Empathy
- Strengths
  - Rhythm and Automatics
  - Muscle Memory
  - Pleasure Seeking
  - Self Protection
  - Emotions
  - Humour



Setting Up For Success

Safety



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- Putting away chemicals, sharp items, matches/lighters, fire arms, tools etc.
  - Do not assume the person will read labels, identify the items or properly handle them.
- Remove tripping hazards and consider adding grab bars etc.
  - The more distress around the task the less likely the person will participate

This or That



VS.







Consider the differences





Consider contrast


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Reduce Clutter

General Principles

Be Mindful of Your Approach

(tone, posture, facial expressions)

Plan Ahead

Promote Independence and Dignity

Focus on Progress not Perfection

Simplify Instructions and Slow Down

Helpful Strategies

- Gestures and Cueing
- Apologies and Thank you's
- Asking for Help
- Use Humor
- Validation and Reassurance
- Make it Make Sense



Visuals and Cueing





Sit in chair

Put on **underwear**

Put on **bra**

Put on **skirt**

Put on **blouse**

HOW TO TAKE A SHOWER



1 GET READY
- Take off your clothes.
- Get your towel.



2 CHECK THE WATER
- Make sure the water is warm.



3 STEP INTO THE SHOWER
- Hold the grab bar if you need to.



4 WASH
- Use soap.
- Wash your face.
- Wash your body.



5 RINSE
- Rinse off all the soap.



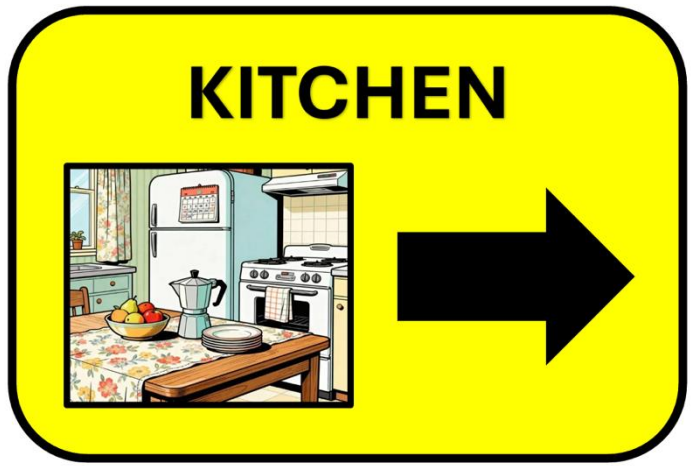
6 TURN OFF THE WATER
- Turn the water off.



7 DRY OFF
- Dry your body well.

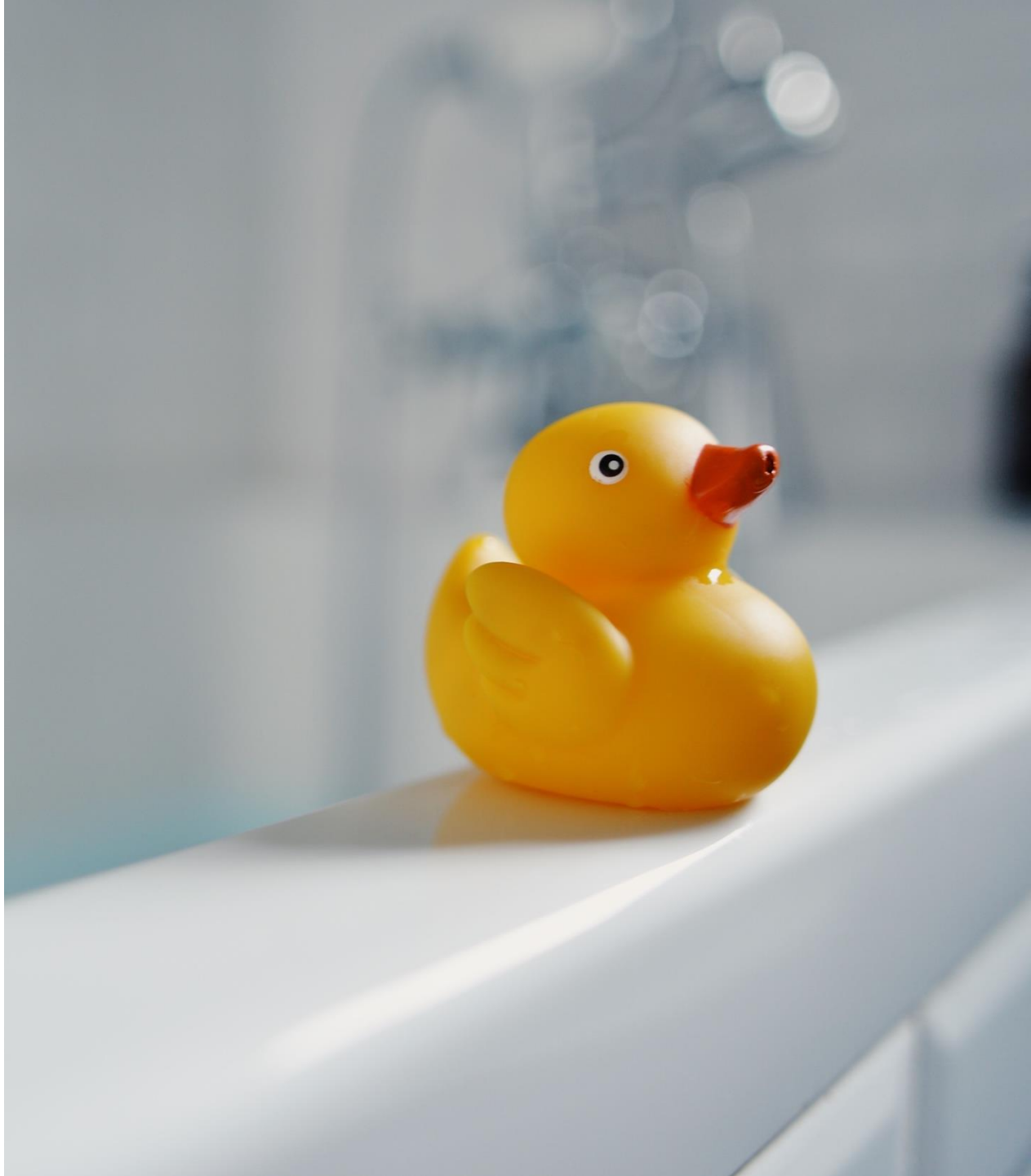


8 GET DRESSED
- Put on clean clothes.
- Great job!



Bathing

- Consider their experience
- Privacy and Modesty
- Set up
- 1 step at a time
- Consider how the task is presented
- Personal preferences and lifelong habits



Toileting

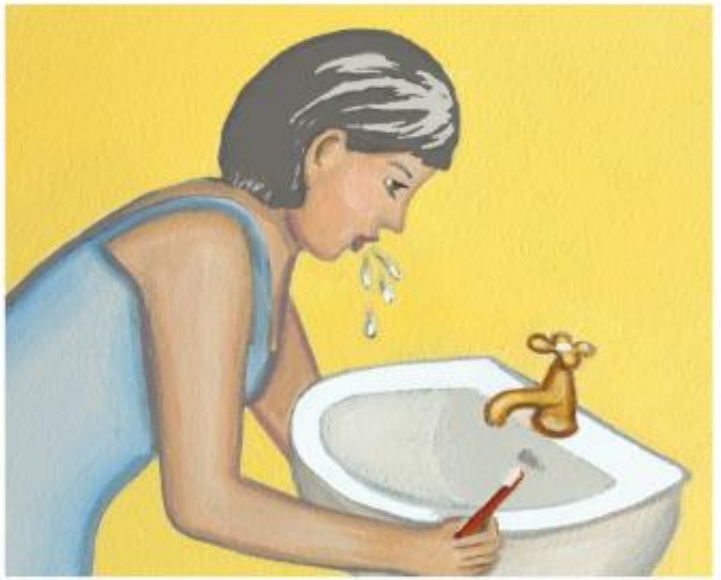
- Environment
  - Visual cues and contrast
  - Consider potential misperceptions
  - Is the space set up for me?
- Safety
  - Tripping hazards, locks, assistance needed
- Cueing













Changing Clothing

- Help the person understand the why – with out shame
  - I noticed a spill on the back of your shirt. Can we get you a fresh one.
  - I am doing some laundry and need a few more things to fill up the load.
- Encourage independence where possible.
- Choices or Specific directions
- Simplify and Slow Down
- Humour and Something to Look Forward to.



Sleep

- Schedule, Routines and Habits
- Physical wellness
- Review medications with a Pharmacist (check for impact on sleep)
- Consider the whole of the day
  - E.g. are they napping too much, not getting enough daytime stimulation
- Get the Room Ready



Summary

- Progress over Perfection
- Consider their experience
  - Internal and External
- Timing, Space, Support, Supplies, Strategy
- Extend your kindness to Yourself!
- Ask for Help! This is hard



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