# **Module 6B**Approach to Personal Care: Knowing the Person



alzheimer's  $\mathcal{O}$  association<sup>®</sup>

#### **Areas We Can Help**



Dressing



Eating



Bathing



Toileting

## What You'll Learn

- Identify two ways to support bathing
- Identify two ways to support dressing
- Identify two ways to support toileting
- Identify two ways to support eating



#### **Local Coffee Shop**

This nicely dressed man walks up to you and then...





#### An Individualized Approach to Personal Care





#### Why Might Bathing be Frightening or Stressful?

- Person is naked; they feel exposed
- Person feels embarrassed or uncomfortable
- Person doesn't like feel or sound of water
- Water is too cold or too hot
- Bathroom is cold
- Person is afraid they will fall



## **Support with Bathing**

- Preferences & habits
- Functional abilities
- Bathing supplies
- Therapeutic environment
- Spend 5 to Save 20
- Dignity and privacy



#### **Graded Support with Bathing**

Early	Middle	Late
Prepare bathing area	Simplify	Sponge bath
Offer reminder	Coach	Warm towel
	Communicate	Rinse free soap
	Use props	Props
	Demonstrate	Music
	Hand over hand	Singing
	Safety	
	Dry shampoo	

## **Support with Dressing**



- Style and preferences
- Choices
- Meaningful engagement
- Remove soiled
   clothes
- Slow down process
- Don't correct or argue

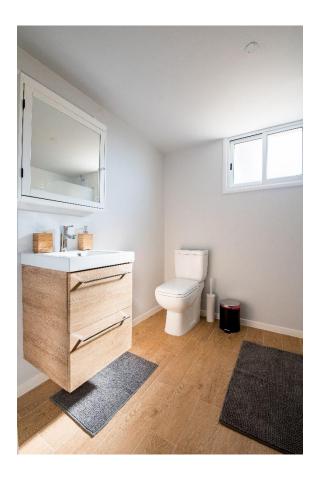
#### **Graded Support with Dressing**

Early	Middle	Late
Simplify closet	Environmental cues	Gentle tone
Evaluate clothing	Simplify clothes	Music and props
	Simplify process	Privacy
	Verbal/non-verbal cues	Comfortable clothing
	Privacy and safety	
	Validation	



## **Support with Toileting**

- Assess bathroom environment
- Privacy and dignity
- Meaningful engagement
- Do not argue or shame
- Do not rush
- Sudden changes





#### **Graded Support with Toileting**

Early	Middle	Late
Monitor clothing	Clear path	Use of incontinence products
Reminders	Well lit	Monitor skin
Limit evening fluids	Remove items	Infection prevention
	Bright colors	Validation and reassurance
	Schedule	Constipation prevention
	Verbal/non-verbal cues	
	Simple steps	
	Verbal Instruction	
	Safety	

## **Support with Eating**

- Choice in food and meal time
- Food preferences
- Involvement in meal preparation
- Environment
- Social connections
- Independence
- Do not rush
- Maintain oral health



#### **Graded Support with Eating**

Early	Middle	Late
Routine access to prepared foods	Advance preparation	Difficulty swallowing
Monitor intake	Offer one food at a time	Hydration
	Colored/lipped plates	Adapt food
	Adapt foods	Safe body positioning
	Verbal prompts	Do not force
	Non-verbal techniques	End of life wishes
	Soft Music	

## What Did We Talk About Today?

#### Let's Review...



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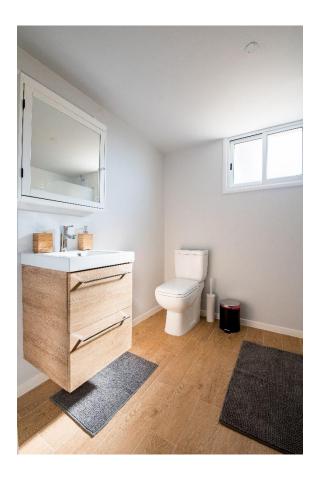
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## **Support with Eating**

- Choice in food and meal time
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#### Let's See What You've Learned

#### Test 6B: Approach to Personal Care: Knowing the Person

