

# Module 6:

## Our Approach to Personal Care

### Section A



**How do you feel  
when you bathe or shower?**



# What You'll Learn

- Identify 2 ways dementia creates challenges to successful personal care
- Identify 2 ways knowing the person helps us provide personal care
- Identify what “Spend 5 to Save 20” means
- Identify 2 benefits of “Doing personal care *with*” a person
- Identify what can happen when we do it all for them

# Ways Dementia Creates Challenges with Personal Care

- Person with Alzheimer's or another dementia:
  - May not realize they need assistance
  - May not realize the need to change or bathe
- Changes in vision can make bathroom frightening
- Difficulty with multiple step tasks can be frustrating

# Knowing about Them Helps with Personal Care

- Easier if we talk first and connect before starting care
- We can make care choices based on their preferences
- Showing that you know them, helps them feel:
  - You are not a stranger
  - You value them as a person



# Spend 5 to Save 20

- Spend time talking (laughing, singing, holding their hand) before beginning care
- This will help them to:
  - Feel a positive emotion with you
  - See you as a friend (not a stranger)
  - Adapt to a new activity more easily
  - Accept your help

# Spend 5 to Connect

- Connect by talking, singing or moving:
  - Talk about: the weather, dogs, children, baseball, food holidays, church
  - Look together at: family picture, newspaper, a card
  - Sing songs that are: from childhood, patriotic, religious
  - Help them to move: chair or bed exercise, walk around
- Do something they like. A “yes” can lead to another “yes”

# Starting Personal Care

- Begin with something you know they like
- Don't ask if they want to shower or dress, say things like:
  - “Let's get ready for breakfast”
  - “You are so pretty/handsome when you wear \_\_\_\_\_.”
  - “I always feel better when I freshen up. Let me help you up...”
- Don't tell them why they need to get clean, say things like:
  - “Your daughter, Susan, asked me to help you today.”
  - “Your son, Michael, paid for a free spa experience.”
  - “I've been sent out by the town to say thank you and help out.”
  - “Would you let me help a little? Otherwise, I'll get in trouble...”



Are We Doing Care  
**TO** Them or  
**WITH** Them?

# Helping Your Daughter Bake

## How would she feel if...

- You decided when to bake
- You chose the type of cake
- You did the measuring
- She couldn't use the mixer because she makes a mess
- You finished the cake because she is slow and you are in a hurry



# When We Do Care **TO** Them

- Feel you are treating them like a baby
- Feel they have no control over what is happening
- Feel ashamed or embarrassed
- Stop trying
- May get upset or angry
- May push or punch



# Do Personal Care **WITH** Them

- Prevents anxiety or fear
- Avoids agitation or anger
- Keeps them active and engaged
- Makes care more enjoyable – a positive emotion!



# Don't Do it All

## If you do they will:

- Forget how to do it
- Lose the physical ability to do it
- Stop trying
- Losses happen quicker
- Feel they have no purpose

## Instead:

- Learn what they can do
- Encourage them to do

## Remember:

They have good  
and bad days

**What did we  
talk about today?**

Let's review...

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**Let's see what  
you've learned**

Our Approach to  
Personal Care: Test A