

Module 6:

Our Approach to Personal Care

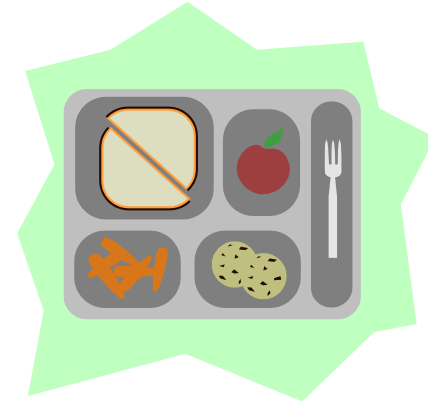
Section B



Areas Where We Can Help



Dressing



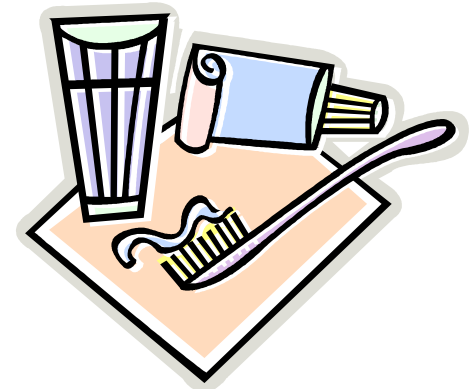
Eating



Bathing



Toileting



Dental Care

What You'll Learn

- Identify 2 ways to make bathing easier
- Identify 2 ways to make dental care easier
- Identify 2 ways to make dressing easier
- Identify 2 ways to make toileting easier
- Identify 2 ways to make eating or feeding easier

A Trip to Wal-Mart

This nicely dressed man greets you at the door and then...

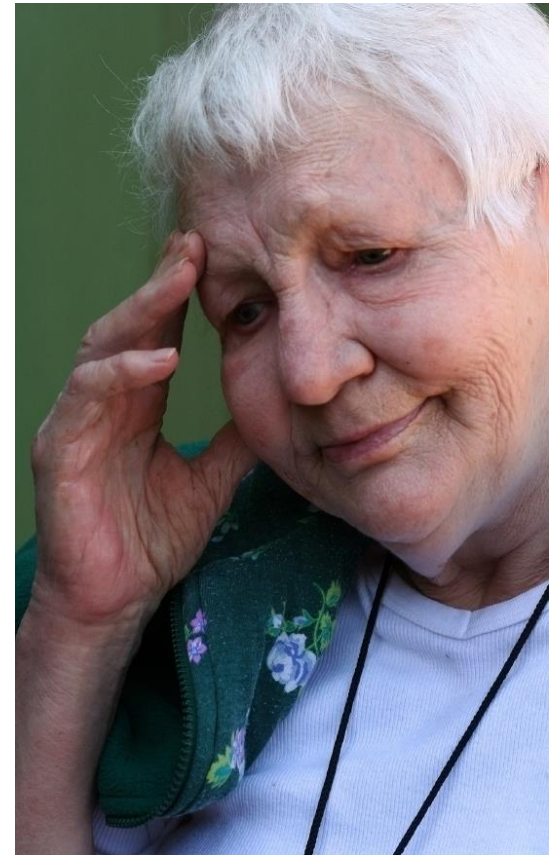


A Bath without Behaviors: Making Bathing Pleasurable



Why Might They Be Afraid or Angry?

- 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



Before Bath or Shower

- Know and follow their bathing preferences or habits:
 - Morning or evening? Bath or shower?
- Get what you need before you begin:
 - Soap, washcloths, towels, bathing sheet, creams
- Don't ask if they want/need a bath:
 - Connect with them through conversation first, then:
 - Say matter-of-fact, with smile, "It's time for a bath! Let's wash up and get ready for the day."
- ***Always*** check water temperature
- Don't argue or try to explain

During Bath or Shower

- If possible, use hand-held shower
- Start with legs, hands or arms (less threatening)
- Don't start with water on their face or head
- Use bath or shower chair to prevent falls
- Encourage them to do as much as they can
- Give them a washcloth of their own:
 - They can assist with their face, arms
 - At same time, you can wash other areas

During Bath or Shower

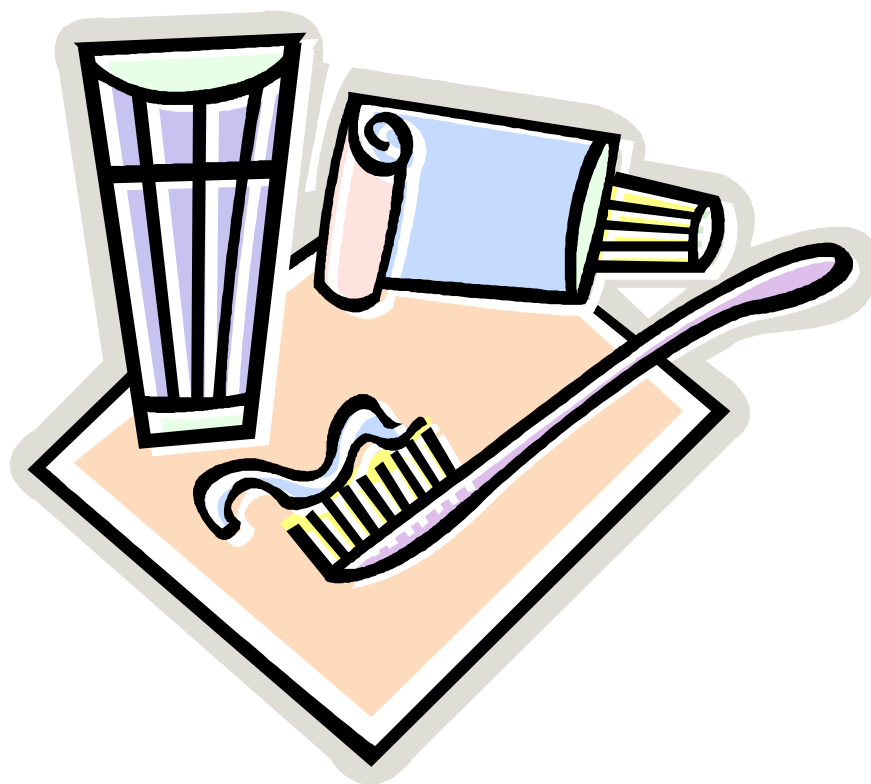
- If cold or embarrassed, place a towel or bathing sheet on their shoulders or lap
 - Wash under towel so they feel less exposed
- Be patient and gentle – do not rush
- Talk with them in a soothing manner

After Bath or Shower

- Wrap them in a towel
- Pat them dry (don't rub)
- Pay attention to areas under folds of skin
- Use lotion for dry skin
- Use protective ointment if incontinent



A Healthy Smile Is Still Worthwhile



Dental Care Is Important

Prevents dental problems or eating difficulties.

- To assist with brushing:
 - Break down into one step at a time
 - Provide short, simple instructions
 - Use “watch me” or “hand-over-hand” technique
 - If needed, do parts of task
- Remove and clean dentures each night
- Investigate signs of mouth discomfort
- Report dental pain or discomfort to supervisor

Success with Helping Them Dress



Dressing and Undressing

- May need help choosing clothing for weather or time of year
- May forget they already wore something (take away dirty or soiled clothes)
- May take longer – be patient and allow time for person to do what they can
- Don't correct them; encourage them to make a different choice

Dressing and Undressing

As the disease progresses:

- Let them select clothing but limit choices to 2 things (pink or white blouse?)
- Lay clothes out in the order they will be put on
- Clothing should be comfortable and loose fitting
- Pre-select clothing that is easy-on and easy-off
- Give simple ***step-by-step*** instructions to undress or dress
- Can help them to do the task

Dressing and Undressing

As the disease progresses further:

- Go slowly and talk with them as you assist
- They may change clothes repeatedly throughout the day – try to keep them active with other things
- If the person resists dressing or undressing, try gentle encouragement
- If they continue to resist, stop and try again later

Toileting and Incontinence: Helping with Respect and Dignity



Incontinence Is Not Always Because of Alzheimer's or Dementia

If the person does not have a history of accidents:

- Urine incontinence may be caused by a Urinary Infection
- Bowel incontinence may be caused by flu or bowel obstruction
- After assisting patient to wash and dress, report this change to supervisor
- A doctor may need to determine the cause

Alzheimer's or Dementia Can Affect Continence

- They may have difficulty finding bathroom
(we should make sure there is a clear well-lit path to and from the bathroom, even at night)
- They may have difficulty removing clothes
(it may help to provide clothing choices that are easy to get off and put on)
- They may not recognize the urge to use the bathroom and wait too long
- They may not notice or realize they had an accident

To Help Prevent Accidents

- Notice their verbal and non-verbal cues:
 - They may pull at or take off their clothes
 - They may pace, be restless or be agitated
 - They may ask to find something or be looking for something
- Dress them in easy to remove clothes:
 - Pants with elastic waists or no belts
- Make sure bathroom is clearly visible and marked with a sign or picture

To Help Prevent Accidents

Work with the care team on a toileting schedule:

- Track incontinence: When? How often?
- Schedule when to remind or escort person to bathroom
- In private, encourage person to visit the bathroom or escort or assist as needed
- If you assist, talk as you go so the walk to the bathroom is enjoyable

If a Person Needs Help in the Bathroom

- Assist only as needed
- Start with verbal cues or gestures
- Encourage urination by running water in sink
- Be patient
- Allow person privacy but stay with them
- If more help needed:
 - Assist with clothes
 - Help to sit on toilet
 - Wipe and adjust clothing
 - Help wash hands
- Make sure you use proper care precautions

It Isn't Easy to Assist, But...

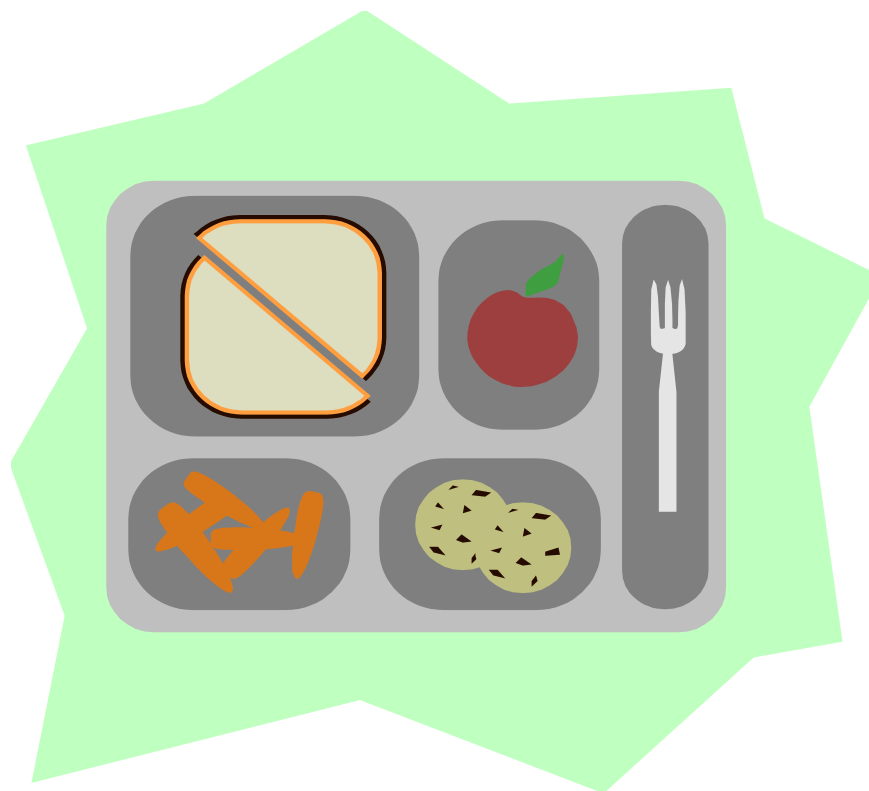
- People with Alzheimer's and most dementias eventually become incontinent
- This change is part of the disease
- Losing control is embarrassing for them
- Helping can be difficult but:
 - Must be done with respect and dignity
 - Do not blame or shame them
 - Give assistance with a minimum of fuss
- Talk with them about other things, or sing a song

If the Person Needs to Be Changed

- Understand this is part of the disease
- They may be confused or fearful
 - Don't shame them or say things like:
“I knew you needed to go to the bathroom!”
“Couldn't you hold it?”
 - Don't bring attention to them in front of others.
 - Help them feel safe and secure, say something like:
“This happens sometimes, but you are okay.
I'll help you get more comfortable.”

Nutrition and Eating

Keeping Mealtime Enjoyable



Nutrition Is Still Important

- A good diet can help to:
 - Prevent dehydration (they forget to drink water)
 - Prevent constipation
 - Avoid weight loss or weight gain
- Make sure they get enough fluids, even if they are incontinent
- Don't argue if they should avoid sugary or fatty foods
 - Keep these foods out of their sight and out of reach

What Changes about Eating Over Time?

- May need help to find dining room
- Will lose ability to use knives, forks and straws
- Late in the disease may have trouble swallowing
(report to supervisor)

Ways to Help at Mealtime

- Provide meals in a calm, relaxing place
- If needed, peel fruit and get food ready before serving them
- Serve meals at same time and place
- Encourage them to take time and do not rush
- At some point, easier to use bowl instead of plate

Change in appetite may mean a medical problem. Report it to a supervisor.

**What did we
talk about today?**

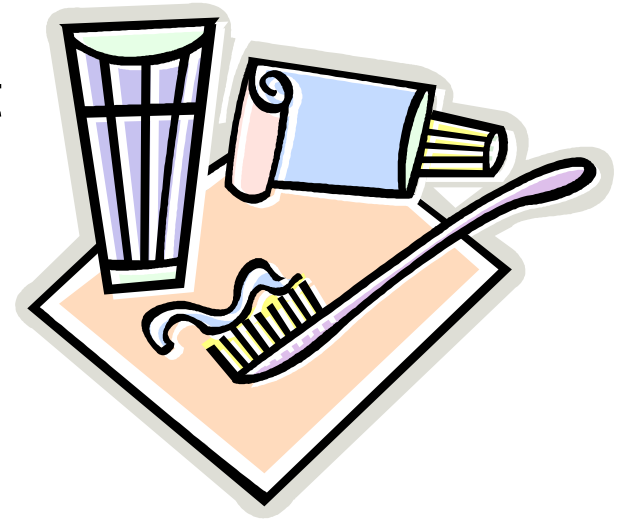
Let's review...

Ways to Make Bathing Easier

- Know and follow their bathing habits
- Get what you need before you begin
- Don't ask if they want/need a bath
- First connect thru conversation
- Check water temperature before
- Start with legs, hands or arms not their face or head
- Use bath or shower chair to prevent falls
- Encourage them to do what they can
- Give them a washcloth of their own
- If cold or embarrassed, place towel or bathing sheet on shoulders or lap
- Be patient and gentle – do not rush
- Talk with them in a soothing manner

Ways to Make Dental Care Easier

- Break down into one step at a time
- Show the person or do “hand-over-hand”
- If needed, do parts of task, like putting toothpaste on brush
- Investigate signs of mouth discomfort
- Report dental pain or discomfort to supervisor



Ways to Make Dressing Easier

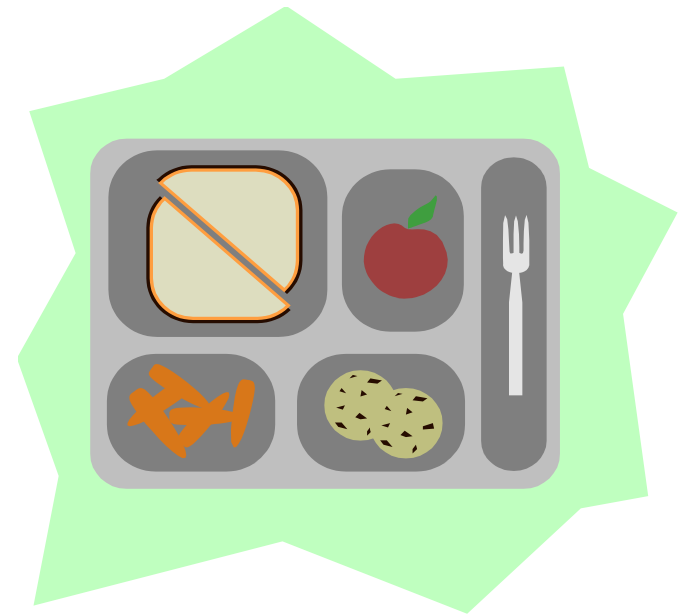
- Take away dirty clothes
- Be patient – give them time to do what they can
- Limit choices – but give choices
- Lay clothes out in order they are put on
- Give simple ***step-by-step*** instructions
- If the person resists try gentle encouragement
- If they continue to resist, stop and try again later
- Clothing should be: comfortable, loose fitting, easy-on and easy-off
- Prevent frequent undressing and dressing by keeping them active

Ways to Make Toileting Easier

- Notice their verbal or non-verbal cues they need bathroom
- Easy to remove and put on clothes
- Make sure bathroom is visible, well lit, easy to get to
- Track incontinence: Schedule to remind or escort to bathroom
- In private, encourage person to visit the bathroom, escort or assist as needed
- Talk as you walk to bathroom, focus on something else
- When assisting in bathroom:
 - Start with verbal cues or gestures
 - Encourage urination by running water in sink
 - Allow person privacy but stay with them
- When they are incontinent:
 - Don't shame or blame them
 - Don't bring attention to them for incontinence
 - Show them you understand, help them feel safe & secure

Ways to Make Eating or Feeding Easier

- Re special diet: Don't argue over sugary or fatty foods. Keep these out of sight
- Encourage independence, even if using a spoon or fingers
- Provide meals in a calm, relaxing place
- Get food ready to eat before serving
- Serve meals at same time & place
- Encourage them to take time, don't rush
- May be easier to use bowl instead of plate



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

Our Approach to
Personal Care: Test B