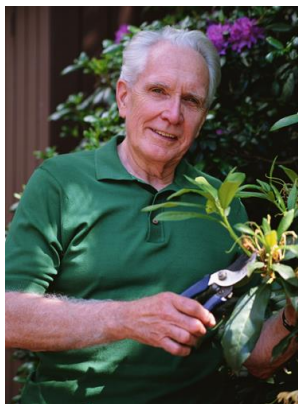


Module 7:

Activity and Purposeful Engagement

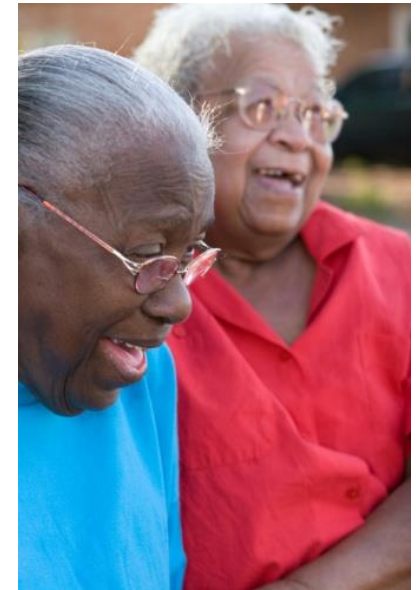


What activities do you enjoy? What gives you a sense of purpose?



What You'll Learn

- Identify 2 ways activity helps someone with dementia
- Recognize that every care task can be an activity
- Recognize 2 different types of questions we can use
- Recognize that the 5 senses (see, hear, touch, taste & smell); will help them focus on an activity



Activity and Purposeful Engagement

- Gives a sense of purpose
- Helps maintain skills & abilities
- Reduces challenging behaviors
- **Not** just to keep them occupied



Every Care Task Can Be an Activity

- Make eye contact, get them to smile or laugh
- When helping them to dress, have them help with choosing clothing for the day
- Encourage to fold or sort laundry
- Sing together as you do their hair
- Work together while bathing

Connect with their feelings!



When Talking and Connecting

DON'TS

- Don't expect things to always "make sense"
- Don't expect it to be "correct"
- Don't get frustrated – laugh at yourself and try again
- Don't stop talking with clients who can't talk

DO'S

- Change what you expect
- Allow them to repeat stories & events
- Find things they enjoy and use often
- Make a list of favorites
- Be creative with what you know

Who is Mrs. Elizabeth “Betty” Lester?

- She grew up on a farm in upstate New York
- As a mother, she raised 4 girls and 2 boys; their picture is on her wall
- She likes to sing, especially patriotic and church music
- A picture of her dog is next to her chair
- She was a good cook and enjoyed cooking homemade meals for her family
- She enjoys looking at pictures
- She likes jewelry, especially earrings

How can we connect with Betty?



Think about What We Can Ask Betty

- **Easiest – Yes or No questions:**
 - Do you like cooking? Do you like dogs? Do you like children?
- **Harder – Choice questions (*limit choices – 2 is best*):**
 - Do you prefer pancakes or waffles?
 - Do you like cats or dogs?
 - Do you want to wear the red or blue shirt today?
 - Do you like it warm or cold?
- **Even more difficult – “Open” questions (*They must come up with an answer*):**
 - What do you like for breakfast?
 - What is your favorite animal?
 - What do you like to sing?
 - Where did you grow up?

Helping Betty Join Conversation and Activity

Use the 5 Senses

What might Betty want to...

See?

Smell?

Taste?

Feel?

Hear?



The 5 Senses and Activity with Betty

Things she can...

See: Pictures of family, children, dogs, farm animals, food, jewelry, cooking show videos

Smell: Food/food ingredients, baby stuff (lotions, ointments) soaps, scented candles

Taste: Food/food ingredients, drinks

Feel: Fruit/vegetables, towels/laundry, fur, fabrics, sweaters, costume jewelry, dry dog food, brush/comb, kitchen utensils

Hear: Music, songs, animal sounds, simpler poems about family or patriotism



Some Possible Activities with Betty

Grew up on a farm:

- Create farm picture book with magazines
- Care for plants, plant seeds
- Guided talk about farm life
- Have fun with animal sounds
- See, touch, smell, taste talk with real fruits & vegetables

Raised a family:

- See, touch, smell with baby things
- Reminisce with family photos
- Sort/fold laundry
- Pick good names for girls or boys
- Fun with nursery rhymes, lullabies

Likes singing hymns & patriotic songs:

- Play her preferred music while doing other tasks
- Sing her songs you know
- Make patriotic memory box with pictures of food, family, history for conversation any day

Enjoys Cooking:

- Assist with meals, baking, tasting
- Guided look through cookbooks, pick favorite foods
- Make shopping list together
- See, touch, hear, talk with cooking utensils

**What did we
talk about today?**

Let's review...

Activity

- Gives a sense of purpose
- Helps maintain skills & abilities
- Reduces challenging behaviors

***Helps them
feel a positive emotion!***



Every Care Task Can Be an Activity

- Can be as simple as eye contact, smile, or laughter
- Personal care tasks like:
 - Choosing clothes for the day
 - Working together while bathing
 - Singing together as you do their hair
- A shared talk or story
- Sorting clothes, coins, buttons, pictures

Connect with their feelings!



Think about What We Can Ask Betty

- **Easiest – Yes or No questions:**
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 - Do you prefer pancakes or waffles?
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- **Even more difficult – “Open” questions (*They must come up with an answer*):**
 - What do you like for breakfast?
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 - What do you like to sing?
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Remember the 5 Senses

To help them focus on a conversation or activity...

- Show them something to **See**
- Use something to **Hear**
- Hand them something to **Touch**
- Give them something to **Taste**
- Hand them something to **Smell**



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

Activity and
Purposeful Engagement Test