

Module 6A

Approach to Personal Care: Knowing the Person



How Do You Feel When You Bathe or Shower?



What You'll Learn

- Define graded supportive care
- Identify three components of person-centered care approach to ADLs
- Describe the meaning of “Spend 5 to Save 20”
- Identify two benefits of doing care WITH a person

Difficulty with Personal Care

- Decreased judgement and insight
- Changes in vision
- Difficulty with multiple step tasks



Graded Support

Graded supportive care allows the individual to remain active and as independent as possible in their own care.



Person-Centered Care for ADL Support

- Preferences
- Life history
- Introduce yourself
- Meaningful connection
- Positive validation
- Avoid arguing or forcing
- Keep it private

(Fazio et al., 2018)



Starting Personal Care



- Put the person at ease
- Start with a non-threatening task
- Validate

Are We Doing Care **TO
the Person or
WITH the person?**

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** a Person They May Feel:

- ashamed
- embarrassed
- hopeless
- resentful
- angry or frustrated



When we do Personal Care **WITH** the person it:

- creates positive emotion
- utilizes remaining skills
- maintains independence
- creates social connections
- **promotes dignity,
respect and choice**



What Did We Talk About Today?

Let's Review...

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Let's See What You've Learned

**Test 6A: Approach to Personal Care:
Knowing the Person**