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Helping Behaviors

- ✓ A Positive Physical Approach
- ✓ Strong and desirable visual cues
- ✓ Short and effective verbal cues
- ✓ Minimal and familiar touch cues
- ✓ Know and use the person's preferences
- ✓ Change the environment to help



Grooming

- Consider challenges with object recognition
- Break down tasks into small steps with cues
- Try hand-under-hand or have them hold your hand



Bathing

- Consider preferences
 - Time of day
 - Bath vs shower
- Have all supplies ready and at arms length
 - Pre-soak and pre-soap washcloth
- Keep room warm - use towels to cover the resident
 - Use towels to cover the resident
 - Only expose areas as you wash
- Dry off as you go



Eating

- Consider visual impairments
 - Placement of plate
 - Appropriate utensils
 - Color and contrast
- Adapt what they eat and drink
 - Texture
 - Consistency
 - Preferences
- Promote independence
 - Try hand-under-hand
 - Progress to placing food in their fingers and guide to their mouth
 - Advance to placing food on plate and have them try



Dressing

- Identify a safe location to complete task
 - Supine in bed
 - Edge of bed
 - Supported in a chair
- Position yourself on their dominant side
- Encourage loose, seamless clothing
 - Give resident no more than 2 choices
 - Remove items you are not using out of visual field
 - Reach in at the bottom of the clothing and help guide extremity



Toileting

- Look for signs of needing to use toilet
 - Agitation, fidgeting, wandering
 - Tugging on clothing
 - Touching genital area
- Show them the bathroom
 - Visually seeing the bathroom may stimulate needs
- Get to the side when assisting
 - Use hand-under-hand to help remove clothing
 - Cue them to the next step
 - Complete hygiene

