

A Positive Approach to Care

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Alzheimer's Texas

Presented by



Alzheimer's Texas

A privately funded voluntary health organization formed in 1982 to serve Central Texans with Alzheimer's disease and their caregivers.

MISSION

To eliminate Alzheimer's disease and related disorders through the advancement of research and to enhance care and support for individuals, their families, and caregivers.

FUNDING

- 100% privately funded
- 100% of every dollar raised stays in Texas



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Teepa Snow



- Teepa Snow, MS, OTR/L, FAOTA, is a Dementia Educator
- Teepa has over 30 years experience as an occupational therapist working directly with people living with dementia.
- Teepa Snow is the creator of “Positive Approach to Care,” a method of approach for successful interactions with a Person Living with Dementia.

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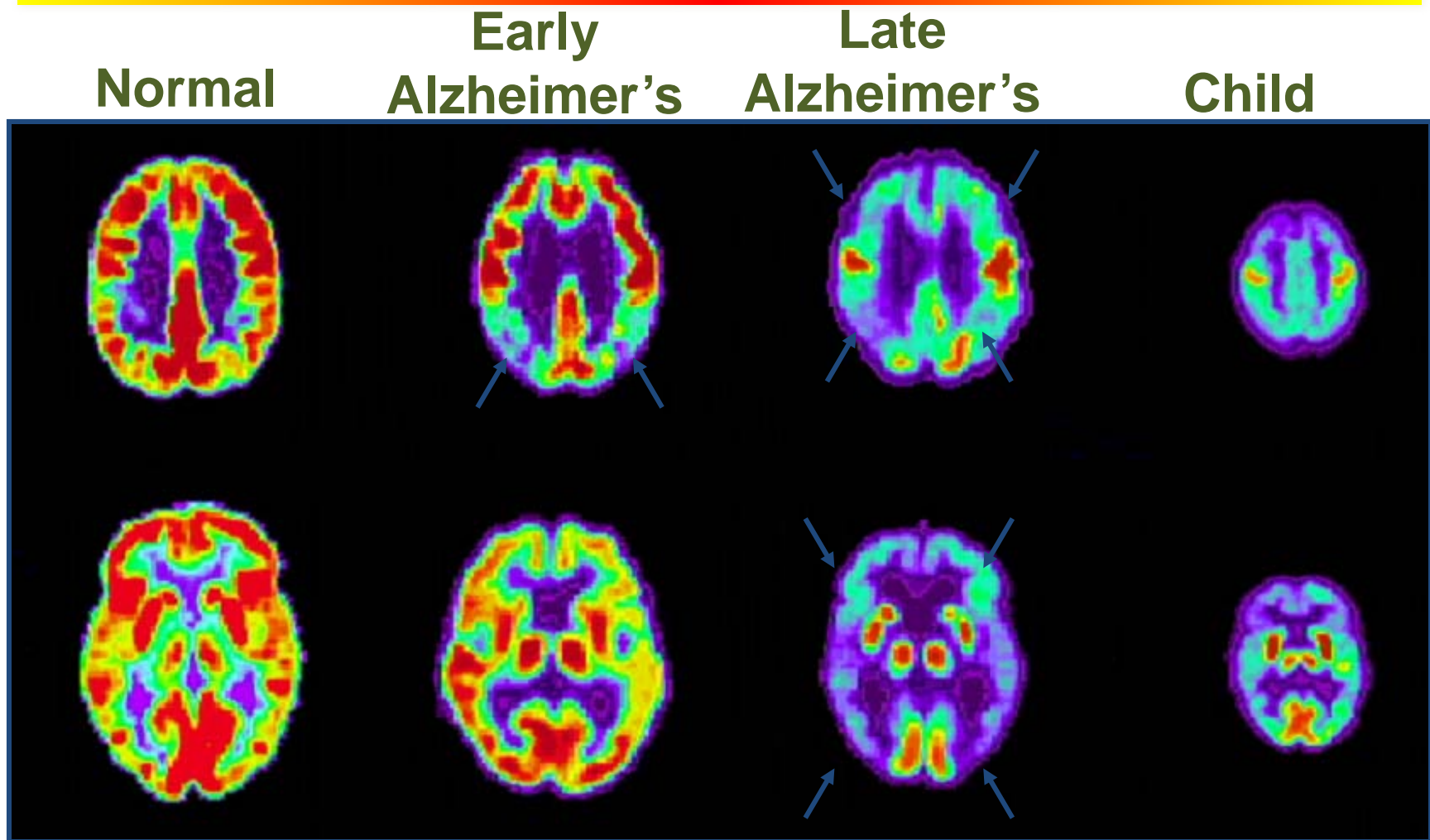


Dementia: What Changes



- Structural changes –permanent
 - Cells are shrinking and dying
- Chemical changes – variable
 - ✓ Cells are producing and sending less chemicals
 - ✓ Can ‘shine’ when least expected – chemical rush
- Dementia robs skill before robbing strength

Positron Emission Tomography (PET) Alzheimer's Disease Progression vs. Normal Brains



G. Small, UCLA School of Medicine.

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- **“Dementia is a shift in the way a person experiences the world around her/him.”**
- *G. Allen Power, M.D. author of “Dementia Beyond Drugs” and “Dementia Beyond Disease”*





Build Skill

- Consistent & Skill Sensitive Cues
 - ✓ Visual, verbal, physical
- Positive Physical Approach™
- Hand Under Hand™
 - ✓ for connection
 - ✓ for assistance
- Supportive Communication



5 Senses

How Humans Take In Data



1. What you see
2. What you hear
3. What you feel/ touch
4. What you smell
5. What you taste

Approach Matters



Use a consistent **Positive Physical Approach™**

- Pause at edge of public space
- Gesture and greet by name
- Offer your hand and make eye contact
- Approach slowly within visual range
- Wait for acknowledgement
- Shake hands and maintain Hand-Under-Hand™
- Move to the side
- Get to eye level & respect intimate space

First Connect Then Do



- 1st – Visually
- 2nd – Verbally
- 3rd – Physically
- 4th – Emotionally
- 5th – Spiritually - Individually

When Words Don't Work Well



Hand-under-Hand™

- Uses established nerve pathways
- Allows the person to feel in control
- Connects you to the person
- Allows you to do **WITH** not to
- Gives you advance notice of 'possible problems'
- Connects eye-hand skills
- Use the dominant side of the person

When Doing



- Do 'With'
- Give SIMPLE and Short Pieces of Information
- Offer concrete CHOICES
- Ask for HELP
- Ask the person to TRY
- Break the TASK DOWN to single steps at a time

Keep it SIMPLE



- USE VISUAL combined VERBAL (gesture/point)
 - ✓ “It’s about time for...”
 - ✓ “Let’s go this way...”
 - ✓ “Here are your socks...”
- DON’T ask questions you DON’T want to hear the answer to...
- Acknowledge the response/reaction to your information...
- LIMIT your words – SIMPLE is better always
- Wait, Pause, Slow Down



For ALL Communication

If what you are trying is NOT working...

- STOP
- Back off
- THINK IT THROUGH...
- Then, re-approach
- And try something slightly different



Care Partners Need To...

- Take care of yourself
- Understand the symptoms and progression
- Build skill in support and caregiving
- Build skill in communication and interactions
- Understand 'the condition' of brain change
- Identify and utilize local resources
- Set limits for yourself



People Living with Dementia Need Care Partners To Wonder About What They Want, Need, or Think

Watch and Observe

- What they show you- how they look
- What they say – how they sound
- What they do – physical reactions

Questions?

**For a personalized consultation,
call:**

512-241-0420

or

1-800-367-2132

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