A Positive Approach to Care
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Presented by
Alzheimer’s Texas
The State of Mind
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
- 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.
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

Normal | Early Alzheimer’s | Late Alzheimer’s | Child

G. Small, UCLA School of Medicine. © Teepa Snow, Positive Approach, LLC – to be reused only with permission.
“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

• 1\textsuperscript{st} – Visually
• 2\textsuperscript{nd} – Verbally
• 3\textsuperscript{rd} – Physically
• 4\textsuperscript{th} – Emotionally
• 5\textsuperscript{th} – 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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