

Difficulty with Dressing and Grooming

<u>I</u>dentify the Problem	<p><u>PROBLEM:</u> Difficulty with Dressing and Grooming (brushing hair/teeth, shaving, etc.)</p> <p><u>GOAL/EXPECTED OUTCOME:</u> To reduce difficulty with bathing and grooming</p>
<u>E</u>ducate Yourself	<p><u>ASSESS FURTHER:</u></p> <p>Understand the possible triggers of the problem:</p> <ul style="list-style-type: none"> • Is the task too hard or confusing (i.e., a lot of buttons)? • Are there too many steps involved? • Are there too many options for what to wear? • Does the person feel tired? • Is the room too cold? • Is there poor lighting? • Are there too many distractions around the person? • Is the person in pain? • Is the person having difficulty seeing or hearing? <p>Understand the possible meaning of the problem to the person with Alzheimer's:</p> <ul style="list-style-type: none"> • Does the person feel a lack of privacy? • Is the person frustrated or overwhelmed? • Is the person upset about needing help? • Has appearance always been important to the person? <p>Understand the possible meaning of the problem to the caregiver:</p> <ul style="list-style-type: none"> • Is the caregiver frustrated? • Is the caregiver worried about ensuring the person's lifelong value of appearance is maintained? • Does the caregiver feel the person is acting this way on purpose?
<u>A</u>dapt Problem solve with interventions and actions	<p><u>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</u></p> <ul style="list-style-type: none"> • Keep the routine as familiar to the person as possible • Avoid delays and interruptions in the routine • Encourage the person to do as much as he/she can on his/her own and then help as needed • Give the person and yourself extra time for the task • Demonstrate tasks for the person • Use simple, step-by-step instructions • Dressing: <ul style="list-style-type: none"> ○ Offer the person only two options so there are not too many choices ○ Lay out clothing in the order it needs to be put on ○ Have clothing that is easier for the person to put on, such as slip-on shoes, cardigans, Velcro, elastic waistbands, etc. ○ Buy clothing that is loose-fitting and comfortable, not tight

	<ul style="list-style-type: none"> ○ If the person always wants to wear the same things, buy multiples ○ Make sure the room is warm enough ○ Make sure there is enough lighting in the room ○ Close the door and pull down the blinds to create privacy ○ Remove distractions (TV playing, clutter, etc.) ○ Make sure the person has his/her glasses or hearing aids and make sure they are working ● Grooming: <ul style="list-style-type: none"> ○ Brush your teeth or your hair at the same time, so the person can copy what you are doing or provide hand-over-hand assistance ○ For men and shaving, use a quiet, electric razor ○ Try to do the person's hair/makeup the way they always kept it
	<p><u>CLINICAL SUPPORT:</u></p> <ul style="list-style-type: none"> ● If the person continues refusing to dress, groom and maintain hygiene, have the person evaluated for possible depression ● If indicated, evaluate for possible source(s) of pain
	<p><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></p> <ul style="list-style-type: none"> ● Listen empathically to caregiver and evaluate for level of distress ● Refer to IHSS ● Refer to Alzheimer's Greater Los Angeles for support groups, disease education, and care consultation <ul style="list-style-type: none"> ○ ALZ Direct Connect referral ○ Provide 24/7 Helpline #: 844.HELP.ALZ 844.4357.259 ○ Website: www.alzcla.org ● Send literature: <ul style="list-style-type: none"> ○ Topic Sheet – "Dressing and Grooming"
	<p><u>FOLLOW UP:</u></p> <ul style="list-style-type: none"> ● Schedule a phone call with caregiver to discuss outcomes and provide additional support
	<p><u>NOTES:</u></p> <hr/> <hr/> <hr/> <hr/>