### Identify the Problem

**PROBLEM:** Difficulty with Dressing and Grooming (brushing hair/teeth, shaving, etc.)

**GOAL/EXPECTED OUTCOME:** To reduce difficulty with bathing and grooming

### Educate Yourself

**ASSESS FURTHER:**

**Understand the possible triggers of the problem:**
- 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?

**Understand the possible meaning of the problem to the person with Alzheimer’s:**
- 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?

**Understand the possible meaning of the problem to the caregiver:**
- 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?

### Adapt Problem solve with interventions and actions

**TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:**

- 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:
  - 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
- 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:**
- 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

**CLINICAL SUPPORT:**
- 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

**CAREGIVER SUPPORT AND COMMUNITY RESOURCES:**
- 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
  - ALZ Direct Connect referral
  - Provide 24/7 Helpline #: 844.HELP.ALZ | 844.4357.259
  - Website: www.alzgl.org
- Send literature:
  - Topic Sheet – “Dressing and Grooming”

**FOLLOW UP:**
- Schedule a phone call with caregiver to discuss outcomes and provide additional support

**NOTES:**
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________