
THE BASICS FOR SUCCESS

WHEN CARING FOR A PERSON LIVING WITH DEMENTIA

Using **Positive Physical Approach™** and **Hand-under-Hand™** care partnering techniques help to ensure we are doing WITH, not TO when caring for a person living with dementia. Connecting with the person **visually** and **verbally** before touching is important.

Make a connection:

- 1st – Visually
- 2nd – Verbally
- 3rd – Physically



- Knock – announce yourself
- Pause at 6 feet
- Greet and smile
- Move slowly – offer hand in handshake position
- Move from the front to the side
- Greet with a handshake and your name
- Slide into Hand-under-Hand™ hold
- Get to the person's level
- Be friendly – make a nice comment or smile
- Give your message – simple, short, friendly

- 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