

## Difficulty with Dressing and Grooming

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

	<ul style="list-style-type: none"> <li>• Grooming:             <ul style="list-style-type: none"> <li>○ 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</li> <li>○ For men and shaving, use a quiet, electric razor</li> <li>○ Try to do the person’s hair/makeup the way they always kept it</li> </ul> </li> </ul>
	<p><b><u>CLINICAL SUPPORT:</u></b></p> <ul style="list-style-type: none"> <li>• If the person continues refusing to dress, groom and maintain hygiene, have the person evaluated for possible depression</li> <li>• If indicated, evaluate for possible source(s) of pain</li> </ul>
	<p><b><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></b></p> <ul style="list-style-type: none"> <li>• Listen empathically to caregiver and evaluate for level of distress</li> <li>• Refer to IHSS</li> <li>• Refer to Alzheimer’s Los Angeles for support groups, disease education, and care consultation             <ul style="list-style-type: none"> <li>○ ALZ Direct Connect® referral</li> <li>○ Provide Helpline #: 844.HELP.ALZ   844.435.7259</li> <li>○ Website: <a href="http://www.alzheimersla.org">www.alzheimersla.org</a></li> </ul> </li> <li>• Send literature:             <ul style="list-style-type: none"> <li>○ Topic Sheet – “Dressing and Grooming”</li> </ul> </li> </ul>
	<p><b><u>FOLLOW UP:</u></b></p> <ul style="list-style-type: none"> <li>• Schedule a phone call with caregiver to discuss outcomes and provide additional support</li> </ul>
	<p><b><u>NOTES:</u></b></p> <hr/> <hr/> <hr/> <hr/>