



HALE KŪ'IKE

**It's All in Your Approach:
Making Positive Connections**

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Today's Agenda

- Examine how dementia affects sensory awareness and processing
- Adapting to vision, language and sensory motor brain changes
- Communication and Connection Tips
- Using Positive Physical Approach (PPA) and Hand under Hand (HuH) techniques to help and connect

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Introduction: Beliefs


- The relationship is most critical, not the outcome of one encounter
- We are a key to make life worth living
- People living with dementia are doing the best they can
- We must be willing to change ourselves

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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



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Visual Data

- **The most powerful sensory input.**
People with dementia pay more attention to what they see than what they hear.



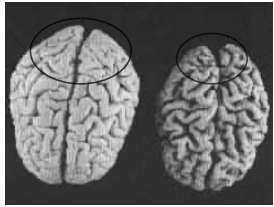
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Vision Center – BIG CHANGES



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Vision



Losses

- Edges of vision – peripheral field
- Depth perception
- Object recognition linked to purpose
- SLOWER to process – scanning & shifting focus

Preserved

- ‘See’ things in middle field
- Looking at... curious

Losses

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Peripheral Awareness Changes

What does it mean for how I see the world?



Normal aging peripheral awareness change



Early to late dementia peripheral awareness changes


My field of active awareness shrinks from tunnel to monocular vision.

I am unaware of the things and people outside this field. I don't see you when you think I do. I don't see objects that you think I should so I trip on them.

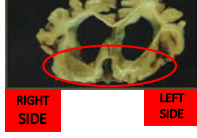
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Right & Left Temporal Lobes: Language Processing Changes

Normal



Alzheimer's



RIGHT SIDE
LEFT SIDE

Language on the LEFT – LOST

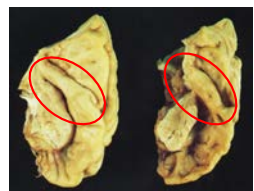
- Vocabulary
- Comprehension
- Speech production

Rhythm on the RIGHT – REMAINS

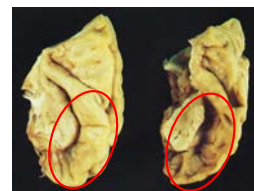
- Social Chit-Chat
- Music, Poetry & Prayer
- Rhythmic Movement
- Forbidden words

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Language or Hearing Change?



Hearing Sound – Not Changed



Understanding Language – BIG CHANGE

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Auditory Data

- **What do we often do wrong?**

Care partners like to talk... a lot!

The person with dementia is focused on how we look visually and they are not processing the content.

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How Can We Give Information?

- 1) Visual Cues – Show**
- 2) Verbal Cues – Tell**
- 3) Tactile Cues – Touch**

The order matters!

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Lynn Moore on living with dementia-related vision changes



<https://www.youtube.com/watch?v=f9uNhmb9WDY&t=47s>


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Positive Physical Approach™



Positive Physical Approach™ Cheat Sheet


1. Get into **visual range**
2. **Knock** – announce self
3. **Pause** at edge of personal space (6 ft)
4. Greet and **smile**
5. Move **slowly** – hand offered in **handshake position**
6. Move from the front to the **side** – supportive stance
7. Greet with a handshake and your **name**
8. Slide into **Hand-under-Hand™** hold
9. Get at or **below** the person's eye level
10. Be **friendly** – make a **nice** comment or smile
11. Give your message... **simple, short, friendly**



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PPA Takes Practice!



Hale Kū'ike staff practicing PPA steps together

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Positive Personal Connections (PPC)	Positive Action Starters (PAS)
Now that you are <i>in</i> using your PPA, take time to connect:	After you have taken time to connect, get started:
Greet – Introduce yourself and use their preferred name "I'm (your name), and you are ___?" or "Hi (preferred name) I'm (your name)."	Help – Be sure to compliment his or her skill in this area, then ask for help with something "You are so good at ____, would you please help me?"
Compliment – Indicate something about them of value "You are looking really colorful today!"	Try – Hold up or point to the item you would like to use, possibly sharing in the dislike of the item or task "Could we try this?"
Share – First about you, then leave a blank "I'm from (state) and you're from ___?"	Choice – Try using visual cues to offer two possibilities or one choice with <i>something else</i> as the other option "This or that?"
Notice – Point out something in the environment "You must love (item) seeing how well you care for it."	Short and Simple – Give only the first piece of information and offer a time frame of 1-5 minutes "It's about time to (first task)"
Seek – Explore a possible unmet like, want, or need "It's a bit chilly in here, a hot drink would be nice. Do you prefer coffee or tea?"	Step by Step – Only give a small part of the task at once "Lean forward."

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All the steps come together to get connected!




Using PPA steps to connect with a Hale Kū'ike resident sitting down

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Hand-under-Hand™ Assistance

- Helps assist doing *WITH* not *for*
- *Protects* them and us!
- Helps direct gaze – eye-hand coordination
- Pressure in the palm is calming



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Hand-under-Hand™

Protects aging, thin, fragile, forearm skin



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High Risk




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Getting into Hand-Under-Hand® / HuH™

- Start from a handshake position
- Release fingers and hook thumbs
- Make a butterfly
- Close hands around the base of each others thumbs
- Care Partner's hand supports underneath: Hand-under-Hand
- Use your 3 skill fingers (thumb, pointer, middle) for tasks/tools



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Doing With: Hand-under-Hand® / HuH™

- Connecting – comforting and directing gaze
- Guiding and helping with movement
- Getting eye contact and attention
- Providing help with fine motor
- Offering a sense of control, even when you are doing almost everything


Hand-under-Hand technique can be used to facilitate activities like:

- Eating & drinking
- Walking & mobility
- Standing & sitting transitions
- Dressing & undressing
- Brushing teeth, washing, shaving, & other hygiene care
- Doing everyday crafts & activities



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Hand Under Hand Dining Assistance




<https://www.youtube.com/watch?v=7Ek04qiT-xQ> – 9:14 second mark

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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



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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

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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

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Beliefs that Make a Difference:

- People with Dementia are Doing the BEST they can.
- Learn to DANCE with your partner.
- Be the KEY - make life WORTH living.
- What we choose to do MATTERS.
- Be willing to CHANGE ourselves.
- Be Responsive vs. Reactive to the Behavior.
- Be willing to STOP, take a Time Out & Try Again

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Thank you!


Thank you so much for your desire to learn and your commitment to making a positive difference!

To learn more about the Teepa Snow and the Positive Approach to Care visit www.teepasnow.com

Hale Ku'ike is committed to dementia education for staff, and for the wider Hawaii community. Starting in 2020 Hale Ku'ike co-sponsored dementia education webinars with Catholic Charities and the recordings are available on-line at <https://www.catholiccharitieshawaii.org/caring-for-persons-living-with-dementia-webinars-and-presentations/>. Additional 2021 dementia workshop series recordings are available on our website at <https://www.halekuike.com/videos/#webinar>.

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QUESTIONS ??😊



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