Its All In Your Approach:

Using a Positive Physical Approach to Interact & Give Care

Normal Brain

Alzheimers Brain
Learning & Memory Center
Hippocampus
BIG CHANGE

Understanding Language – BIG CHANGE
Hearing Sound – Not Changed

Sensory Strip
Motor Strip
White Matter
Connections
BIG CHANGES

Automatic Speech
Rhythm – Music
Expletives
PRESERVED

Formal Speech &
Language
Center
HUGE CHANGES
Executive Control Center
Emotions
Behavior
Judgment
Reasoning

Vision Center – BIG CHANGES
Three Reasons to Communicate

- Get something DONE
- Have a conversation
- Help with distress

Getting the person to DO Something

- Form a relationship FIRST
- Then Work on Task Attempt
Connect

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

- 4th – Emotionally
- 5th – Personally – Individually - Spiritually

To Connect

- Use the Positive Physical Approach
Your Approach

- Use a consistent positive physical approach
- pause at edge of public space
- gesture & greet by name
- offer your hand & make eye contact
- approach slowly within visual range
- shake hands & maintain hand-under-hand
- move to the side
- get to eye level & respect intimate space
- wait for acknowledgement

Human Beings Have THREE Zones of Awareness of Others

- Public Space – 6 ft away or more
- Personal Space – 6 ft to arm’s length
- Intimate Space – within arm’s reach
Typical Use of Space

- Public Space - Visual Interactions & Awareness
- Personal Space – Conversations & Friendship
- Intimate Space – Intense Physical Closeness

Step 1

- Pause at the Edge of Public Space
- Stop moving at 6 ft
- Let the person NOTICE you in public space
- Acknowledge the person’s OWNERSHIP of personal space
- Respect their space!
Step 2

- Greet
  - Bring flat, open palm up near face
    - Visually cue to look at you
  - Say “HI!” and use preferred name, if known
    - Verbally cue to look at you
- Look Friendly
  - Smile
  - Make eye contact

Step 3

- Offer you hand in greeting
- Seek permission to enter PERSONAL SPACE
- SHOW the person what you want to do
- Watch for the person’s reaction/response
- If there is hesitation or withdrawal
  - STAY in PUBLIC space
  - Turn your body SIDEWAYS – supportive stance
  - Kneel or sit down
  - See what happens next – if no better, hold back
Step 4

- Move Slowly toward the person
- While offering your hand in greeting
- Smile and look friendly
- 1 second = 1 step
  - Respect SLOWED processing time
  - Decreased ability to do two things at one time

Step 5

- Move into SUPPORTIVE stance
- Shift toward the right side – hand shake side
- Turn your TRUNK sideways to the person
- Stay at ARM’S length
- Keep your face & chest back
Step 6

- Switch into the HAND UNDER HAND position from a normal handshake
  - Provides protection for the person you are helping
    - Keeps you from hurting their wrist, arm, or fingers
  - Provides protection for you
    - Keeps the person from squeezing your knuckles
    - Keeps the person from hitting or grabbing you
  - CONNECTS you with the person you are helping
    - Helps direct gaze – eye-hand coordination
    - Pressure in the palm is calming

Hand-Under-Hand Assistance
Hand-under-Hand protects aging, thin, fragile, forearm skin

High Risk
Step 7

- Get Low – Get to the person’s level
- Sit down OR Get down (kneel or squat)
- Respect INTIMATE space
- Allow eye contact with limited visual field
- Get focus on your face not your chest or middle
Step 8

- Wait for a response or acknowledgement
- Make sure you have a CONNECTION before you start your message
- You have 3 points of connection – Need MORE?
  - Visual – eye contact
  - Verbal – friendly voice
  - Touch – hand-under-hand
- Begin to add two more
  - Emotional – match their emotion
  - Individual – say something personal – use name

Your Approach

- Use a consistent positive physical approach
- pause at edge of public space
- gesture & greet by name
- offer your hand & make eye contact
- approach slowly within visual range
- shake hands & maintain hand-under-hand
- move to the side
- get to eye level & respect intimate space
- wait for acknowledgement
Now Practice

- Ask a partner to watch
- Do the approach
- Ask for feedback – use the Peer Checklist
- Go down the list yourself – How did you do?
- What did you do right?
- What do you need to work on?
- Ask for their thoughts
- Listen to their feedback – TRY AGAIN!

Practice LOTS

- Practice everyday
- Practice at least 3 times day
- Help someone else get better
- Work on your skills
- Let your Trainer know when you are ready to be checked off
- Get checked off…. Or get back to work
- 6/9 steps right = move on
Silent Observation

- You are not done yet!
- Next, your trainer will be watching you for USE without prompting
- Once you are going the PPA without prompts, you will graduate
- If you are not getting it, you will need to:
  - Re-do the class
  - Work 1:1 with a preceptor
  - Get counseling about continuing to work