Positive Physical Approach (PPA) and Positive Action Starters (PAS): How to get started after connecting for various GEMS® States

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How do people fill their day?

Productive Activities
building, helping, fixing, working

Leisure Activities
hobbies, games, socializing, dancing/singing

Self-Care and Wellness Activities
walking/running, group activities, personal care tasks

Rest and Restorative Activities
sleep/nap, quiet music, aromatherapy

PPA Resource Card

Positive Approach
Positive Action
www.positiveapproach.org
Hand-under-Hand™

The person that is helping has their hand on the bottom.

Visual Field Changes:
With each new level of vision change, there are new challenges in safety awareness.

- Less Peripheral Awareness
- Tunnel Vision
- Binocular Vision
- Object → Use Confusion
- Monocular Vision
- Limited Visual Regard

1) Help: “You are so good at ______, could you please help me?”
2) Try: “Let’s give this a try.”
3) Choice: “Would you like _____ or _____?”
4) Short & Simple: “It’s about time to (first task).”
5) Step by Step: “Feet on the floor, lean forward.”

Here are 5 options for getting a task started. Which of these will you try first?
### Sensory Strip

**Motor Strip**

**White Matter Connections:**

**Big Changes!**

**Skills change before strength**

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### How could you use Hand-under-Hand® to help fill someone else’s day with meaning?

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Left Temporal Lobe:
1) Vocabulary
2) Speech Comprehension
3) Speech Production

Right Temporal Lobe:
1) Forbidden Words
2) Social Chit Chat
3) Rhythm of Speech
4) Automatic, Autonomic Movement
5) Rhythm, Music, Poetry, Prayer

Skills in each Gem State

<table>
<thead>
<tr>
<th></th>
<th>Diamond</th>
<th>Emerald</th>
<th>Amber</th>
<th>Ruby</th>
<th>Pearl</th>
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</thead>
<tbody>
<tr>
<td>Vision Changes</td>
<td>Scuba Vision</td>
<td>Binocular Vision</td>
<td>Can Confuse Objects</td>
<td>Monocular Vision</td>
<td>Limited Visual Regard</td>
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<tr>
<td>Language Skills</td>
<td>Generally clear in language task, slower to comprehend language given</td>
<td>Repeats phrases and does pickup on language but may miss ½ of others spoken words</td>
<td>Uses repetitive words and catches words but not always in context</td>
<td>Reads, sings, or is silent</td>
<td>Responds to social chit chat and tone of voice</td>
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<td>Hand Skills</td>
<td>Slower, limited with bilateral</td>
<td>Completing a sequence of tasks is more of a challenge</td>
<td>Increased use of hands for sensory input, strong grasp</td>
<td>Uses whole hand grasp, decreased grasp release</td>
<td>Limited hand release, hand may be fist or shut</td>
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What would we change in the same scenarios given a change in a person’s GEMS® State?

1) Person does not accept your hand shake offer
2) Assisting with Hand-under-Hand®
3) Person is sleeping in a chair or bed

Sapphire
Diamond
Emerald
Amber
Ruby
Pearl

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