Engagement with Emeralds and Rubies

Teepa Snow, MS, OTR/L, FAOTA
Loy Campbell, MS, OTR/L

Before we begin, please try to find:
- 2 kitchen items that are non-breakable that go together (like a bowl and spoon, for example)
- 2-3 items of clothing (one should be large underwear)
- 2 more safe items (from bathroom, desk, etc)

Tools that Teepa has:
GEMS® States:
Based on Allen Cognitive Levels

- A Cognitive Disability Theory – OT based
- Creates a common language and approach to providing:
  - Environmental support
  - Caregiver support and cueing strategies
  - Expectations for retained ability and lost skill
- Each state requires a special ‘setting’ and ‘just right’ care to shine
- Each state has specific visual, verbal, touch communication cues
- Promotes graded task modification
- Accounts for chemistry as well as structural brain changes
- Encourages ‘in the moment’ assessment of ability and need

GEMS® States:
A Positive Framework

Sapphires: True Blue - Healthy Brain - Slower but Fine
Diamonds: Clear/Sharp – Routines and Routines
Rule – Change is Hard – Cutting
Emeralds: On the Go with Purpose – Naturally Flawed – Time Travel
Ambers: Caught In a Moment of Time – Caution Required – All About Sensations
Rubies: Deep and Strong – Others Stop Seeing What is Possible – Stop and Go – Big Motions or Still
Pearls: Hidden in a Shell – Immobile - Beautiful Moments to Behold

Use the Positive Physical Approach™
With Someone in an Emerald State
A Dynamic Assessment Tool for a Shared Relationship
Emeralds:
Desires independence: noticeable ability change
Vocabulary and comprehension diminishing
Communication becoming vague
May neglect personal care routines
On the go: needs guidance and structure
Difficulty finding way to and from places
May be lost in time

Person Being Approached:
Practice using the abilities of someone in an Emerald state:
- Binocular vision: start off looking downward
- Vague in language: missing ¼ words
- Better with step-by-step cues
- Take some time to process: count to 3 in your head

Positive Physical Approach™
- Stop moving at 6 feet out
- Greet: hold your open hand still next to your face, say their name
- Offer hand in a handshake position
- With their acceptance, slowly come in from the front within visual range
- Move into supportive stance, turn shoulders
- From the handshake, move into Hand-under-Hand®
- Get low: sit, kneel, or stand at or below their level
- Make a connection: PPC, then wait for their response
- Deliver a message: use V-V-T Cues and a PAS
Positive Personal Connections (PPC):

1. Greet or Meet: introduce yourself and use their preferred name: “Hi ___ I am ___” or “I am ___ and you are?”
2. Say Something Nice: indicate something about them of value
3. Be Friendly: share about you, then leave a blank
4. Notice Something: point out something in the environment
5. Be Curious: explore a possible unmet like, want, or need

Positive Action Starters (PAS):

1. Help: Be sure to compliment their skill in this area, then ask for help.
2. Try: Hold up or point to the item you would like to use, possibly sharing in the dislike of the item or task, “Well, let’s try this.”
3. Choice: Try using visual cues to offer two possibilities or one choice with something else as the other option.
4. Short and Simple: Give only the first piece of information, “It’s about time to (first task).”
5. Step by Step: Only give a small part of the task at first, “Lean forward.”

Rubies:

Others stop seeing what is possible
Retains rhythm: can sing, hum, pray, sway and dance
Understands expressions and tone of voice
Losing ability to understand language
Limited skill in mouth, eyes, fingers, and feet
Can mimic big movements: gross motor abilities
Loss of depth perception; monocular vision
Falls prevalent: can only move forward
Care Partners will have to anticipate unmet needs
Person Being Approached:
Practice using the abilities of someone in a Ruby state:
- Monocular vision: start off looking downward
- Rhythmic/automatic language: limited words
- Gross motor movements; limited fine motor
- Difficulty
- Take some time to process: count to 8 in your head

Four F’s:
Friendly
- Are there people he or she knows?
Familiar
- Does he or she know the area?
Functional
- Is he or she able to do what is needed?
Forgiving
- Is he or she allowed to make mistakes?

Four S’s:
Space
- Intimate – Personal – Public
Sensations
- See – Hear – Feel – Smell – Taste
Surfaces
- Sit – Stand – Lie Down – Work
Social
- People – Activities – Role – Expectations
Different Activities:
1. Purposeful activity (just fun)
2. Body activity (good for balance/mobility/flexibility)
3. Brain activity (good for using cognitive skills)
4. Restful activity (for transition times)

Practice with a Partner: Positive Action Starters
- Differences between Emeralds and Rubies in adapting PAS’s
- Consider visual, verbal, and tactile cues

Progression of the Condition
To the tune of *This Old Man*

Note: Each verse is sung progressively slower
Sapphire true, you and me
The choice is ours, and we are free
To change our habits, to read, and think and do
We're flexible, we think it through!

Diamond bright, share with me
Right before, where I can be
I need routine and different things to do
Don't forget, I get to choose!

Emerald – Go, I like to do
I make mistakes, but I am through!
Show me only one step at a time
Break it down and I'll be fine!
Amber – Hey!, I touch and feel
I work my fingers, rarely still
I can do things, if I copy you
What I need is what I do!

Ruby – skill – it just won’t go
Changing something must go slow
Use your body to show me what you need
Guide, don’t force me, don’t use speed!

Now a Pearl, I’m near the end
But I still feel things through my skin
Keep your handling always firm and slow
Use your voice to calm my soul.
I Will Change!

To the tune of “This Little Light of Mine”

By Teepa Snow

I am gonna meet and greet
Before I start to treat
I am gonna meet and greet
Before I check your feet
I am gonna meet and greet
Before I help you eat

How I start sets us up to succeed!

No more just ‘gettin’ it done’
I’m gonna do with you
No more just ‘gettin’ it done’
I’m gonna help you thru
No more just ‘gettin’ it done’
We’re gonna work, we two

Cause if I do it all,
we both lose!
I'm gonna laugh and dance with you
Not just watch and frown
I'm gonna laugh and dance with you
Not just stand around
I'm gonna laugh and dance with you
We'll really go to town

For the power of joy I have found!