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The Positive Approach to Care encourages Care Partners to:

- Respond to a person’s change in cognition and abilities in a way that is not hurtful or offensive.
- Understand that, with practice, common reactions to the person with dementia can become thoughtful responses that improve the quality of life for everyone involved.
- Recognize that the person with dementia is doing the best they can and that if something isn’t working, it’s the responsibility of the Care Partner to change their approach and behaviors toward the person with dementia.
- Notice the environment surrounding the person with dementia and make changes as necessary.
It’s All In Your Approach!

Using a Positive Physical Approach (PPA)
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
Believe:

*It Takes TWO to Tango* ... or Tangle

- Learn to DANCE with our partner
  We must be willing to STOP & BACK OFF

- Being ‘right’ doesn’t necessarily translate into a good outcome
Brain Failure

The person’s brain is dying
Normal Brain

Brain with Alzheimer's
Hippocampus
BIG CHANGE

Learning & Memory Center
• Way finding
• Time Awareness
• Learning & Memory
Sensory Strip
Motor Strip
White Matter
Connections
BIG CHANGES

Automatic Speech
Rhythm – Music
Expletives
PRESERVED

Formal Speech &
Language
Center
HUGE CHANGES
Vision Changes

With each new level of vision change, there is a decrease in safety awareness.

1. Loss of Peripheral Vision
2. Tunnel Vision
3. Binocular Vision
4. Object Confusion (discriminating senses)
5. Monocular Vision
6. Loss of Vision
INPUT – Data In:

1. What you see
2. What you hear
3. What you feel/touch
4. What you smell
5. What you taste
How Can We GIVE Information?

- Visual Cues - Show
- Verbal Cues - Tell
- Tactile Cues - Touch
Visual Verbal Touch:
How you help... connect

- Sight or Visual cues
- Verbal or Auditory cues
- Touch or Tactile cues
Visual Cues

- Signs
- Pictures
- Props – Objects
- Gestures
- Facial expressions
- Demonstrations
Verbal Cues

- Keep it simple
- Directed
- Matched to visual cues
Touching Cues

• Place an item or tool in hand
• Touch with a finger or hand
• Hand guidance
• Hand on shoulder or back
• Hand-under-Hand™ contact
• Hug
Positive Physical Approach™

1. **Stop** moving 6 ft out
2. **Greet:** “hi” sign (open by face), say name
3. Moves hand **into a handshake** position
4. **SLOWLY** come in from the front
   - within visual range (or starts there)
5. Move into **Supportive Stance**
6. Hand shake—move into ‘**hand-under-hand**’
7. Move to side; **Get low** —sits or kneels
8. Make **connection** (wait for their response!)
9. Deliver a message — using V-V-T cues

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* = if in public space and you start the interaction
3 Zones of Human Awareness

• Public Space – 6 ft away or more
  • Visual Interactions & Awareness

• Personal Space – 6 ft to arm’s length
  • Conversations & Friendship

• Intimate Space – within arm’s reach
  • Intense Physical Closeness
Step 1: Stop moving 6 ft out

• Pause at the Edge of Public Space
  • Stop moving - 6 ft
  • Let the person NOTICE you in public space (give them *time* to do this)
• Acknowledge the person’s OWNERSHIP of personal space
• Respect their space!
Step 2: Greet–Give ‘hi’ sign

- Bring flat, open palm up near face
  - Visual cue to look at you
- Say “HI!” and use preferred name, if known
  - Verbal cue to look at you
- Look Friendly
  - Smile
  - Make eye contact
Step 3: Say name, offer hand

- Seek permission to enter PERSONAL SPACE
- SHOW person what you want to do
- Watch for their reaction/response
  - If there’s hesitation
    - STAY in PUBLIC space
    - Turn your body SIDEWAYS – supportive stance
    - See what happens next – no better? hold back
Step 4: Move slow

- 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 dominant side – hand shake side
- Turn your TRUNK sideways to the person
- Stay at ARM’S length
- Keep face & chest back
Hand-under-Hand™
Step 6: Hand-under-Hand™

- Go into Hand-under-Hand™ from a normal handshake
  - Provides protection for them AND you
  - Connects you with them while giving them a sense of control
Step 7: Move to side, get low

• Get to their level
  • SIT, kneel, or squat

• Respect INTIMATE space

• Allow eye contact with limited visual field
  • Get focus on your face not your chest or middle
If You Can’t Get LOW…

- Stay greater than arm’s length away
- Use Verbal Connections
- If it’s not working, get a seat
Step 8: Make connection

• Make friendly statement
• Wait for a response or acknowledgement
• Be sure you have a connection before you start your care
Step 9: Deliver a Message

• Give visual cues first
• Offer verbal information next
• Use touching last AND only if the person is aware of your plan
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
Hand-under-Hand™: protects aging, thin, fragile, forearm skin
High Risk
Try with Hand-under-Hand™:

1. To get the person to stand
2. To get the person to walk
3. To get the person to drink
4. To get the person to sit down
Try with Hand-under-Hand™:

1. To comfort
2. To visually direct – look at
3. To get started - initiate
4. To help with detail - assist
5. To move or change direction
What Are You Going to Do About It?

- What Specific **Awareness** Do You WANT TO WORK ON?
- What Specific **Knowledge** Do You WANT TO WORK ON?
- What Specific **Skill** Do You WANT TO WORK ON?

Give it **FIVE** minutes a day!
What’s the difference between Alzheimer’s and dementia?
Is it just a “senior moment” or something more serious?
How can I have a positive relationship with my loved one with dementia?
Come learn the answers to these and many more questions!

Understanding Dementia

WORKSHOPS

Positive Approach to Care seminars, developed by dementia advocate Teepa Snow, provide essential information for families and professional care partners on how to have a positive and meaningful relationship with loved ones with Alzheimer’s and other forms of dementia throughout their journey. Presented by Dorothy Colby, Certified Positive Approach to Care Trainer and Mentor with more than 20 years of professional and personal experience caring for people with dementia.

• Normal vs. Not Normal Aging
  Understanding the Difference

• GEMS®, More Than Just Loss
  Dementia Progression Patterns

• It’s All In Your Approach
  Making Positive Connections

• Challenging Behaviors in Dementia Care
  Recognizing Unmet Needs

• Dining with Dementia
  Techniques to Bring Joy to the Table

• End of Life Care & Letting Go
  Providing the Best Care In the Final Stages of Dementia

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