



DRESSING/PERSONAL HYGIENE

CHANGES WITH DEMENTIA	APPROACHES	APPROACHES
<p>Inability to select suitable attire for season or occasion, e.g., may wear winter coat on a hot day.</p> <p>Inability to understand multi-step verbal instructions.</p> <p>Inability to carry out purposeful motor movement of putting clothes on (i.e., shirt) even though person has physical ability to do so.</p> <p>Inability to make choices of what to wear from the closet.</p> <p>Inability to recognize particular items of clothing or recognize as their own.</p> <p>Inability to recognize that clothing is soiled, worn, inside out, has extra layers or is wrinkled.</p> <p>Undressing at inappropriate time or place.</p> <p>May refuse to change clothing for days or change into nightclothes at night.</p> <p>Wearing clothing unsuitable to age or social situation.</p> <p>Changing clothing many times a day or get up and dressed at night.</p>	<p>Client Centered Strategies:</p> <p>Simplify clothing to reduce frustration, e.g., front closure bra or pull on sports bra, clip-on tie, knee high stockings, Velcro fasteners, elastic waist pants, pullover sweaters.</p> <p>Ensure the person wears washable clothing that is easy to don/doff and is comfortable.</p> <p>If one type of clothing (eg: a type of shirt) is preferred, buy several more of the same.</p> <p>Provide flat, sturdy walking shoes – avoid heels, open toes, sling backs, flip-flops, etc.</p> <p>Caregiver Centered Strategies:</p> <p>Lay out all clothing ahead of time in the order they are to be worn.</p> <p>Provide appropriate level of cueing: verbal prompts, non-verbal prompts, demonstration or physical guidance, e.g., demonstrate putting a leg into a pair of pants.</p> <p>Of the person has weakness or impairment in any limbs dress the weak arm of leg first.</p> <p>Simplify verbal instructions to one-step commands: i.e., put your right leg into the pant hole.</p>	<p>Environmental Centered Strategies:</p> <p>Close the door to bedroom and close the blinds to give the person privacy.</p> <p>Simplify the environment by removing excess/unworn clothing and label drawers.</p> <p>Try locking drawers and cupboards, if constant dressing/undressing.</p> <p>Remove outdoor clothing such as hat/coat from view so not a cue to leave.</p> <p>Have a chair available to sit on if balance is a problem.</p> <p>Consider a floor to ceiling pole in the bedroom or a bedrail so the person has something to hold onto while pulling up pants.</p> <p>Only provide as much assistance as is necessary in order to avoid excess disability.</p>

<p>Wearing several layers of clothing.</p> <p>Increased sensitivity to different fabrics.</p> <p>Failure to recognize the need for assistance.</p> <p>Fixed, false beliefs resulting in refusal to undress because other people are watching.</p> <p>Poor balance and/or fear of falling when putting on/taking off pants, etc.</p>	<p>Offer choices, e.g., whether person would like to wear the red sweater or yellow shirt.</p> <p>Communicate and provide incentive: "It's time to change your clothes today because your family is coming over to visit".</p> <p>Maintain a routine the person was used to before becoming ill; consider lifelong habits – time of changing clothes, types of clothing worn.</p> <p>Remove clothing from sight once taken off. Show robe and slippers to indicate undressing to begin.</p> <p>Put coordinated items on one hanger, e.g., slacks, top, socks, jewelry.</p> <p>Remove clothing not in season from cupboards and drawers.</p> <p>Purchase duplicate sets of clothing for those persons resistive to changing. When person in shower, place clean set where dirty clothes were removed.</p> <p>If refusing to change into nightclothes, let sleep in day time clothes and try the next morning to change.</p>	
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