

# THEIR WAY - No "New Learning" Required

“THEIR WAY” is the way the person living with dementia has always done things.

For example: When getting dressed, the person living with dementia likes to sit down in a chair to put his pants on, starting with his left leg first.

Last Name, First Name: \_\_\_\_\_ Room # \_\_\_\_\_

GEM® Level  Sapphire  Diamond  Emerald  Amber  Ruby  Pearl Date: \_\_\_\_\_

Risk Factors:  Dehydration  Malnutrition  Social Isolation  Falls  Other \_\_\_\_\_

Strategies:  Hand-under-hand (HUH)  Visual / Verbal / Touch  Positive Physical Approach

Cues Needed:  Initiate  Sequence  Switch Gears  Memory Book  Music \_\_\_\_\_

**CHECK ALL THAT APPLY**  I will notice if you are late  I barely notice day / night

## EATING & DRINKING

- I like things arranged in a specific way.
  - I prefer my liquids before / during / after the meal
  - I can't eat if I see someone chewing with their mouth open
  - I eat one thing before going to the next
  - I feed myself with my right / left hand.
  - I would GAG if someone fed me!
  - I never eat breakfast
- Other \_\_\_\_\_

## SLEEP & REST

- My preference is to:  Sleep until noon / stay up till midnight  Get up/ go to bed early
- I rely on clock to wake me.  I like to take a nap or two.  My side of the bed is on the right
- Other \_\_\_\_\_

## BATHING

- I prefer (check all that apply): Other \_\_\_\_\_
- washcloth  bar soap  tub bathing  shower  I start with my hair  I wash my feet first

## TOILETING

- The first thing I do is go to the restroom!  I do not believe in wasting toilet paper
- When I have the urge, I need to go NOW!!  I need time for the urge to strike
- I like to read on the toilet  I need LOTS of toilet paper!  I feel the need when under stress
- I do not use public restrooms  I always stand to urinate  I need the door shut
- I crumple my toilet paper before using  I fold my toilet paper neatly before using
- Other: \_\_\_\_\_

## EXERCISE *Muscles do not get dementia!*

- Exercise has never interested me.  I was an athlete in my younger days  Let's GO!
- I know I should exercise, but I cannot get motivated.
- Other \_\_\_\_\_

## SELF CARE

- I am accustomed to doing things starting with #1 for the first thing I do and #2 for the second.
- brush my teeth  make a cup of coffee  use the toilet  wash my face
- Other \_\_\_\_\_

## DRESSING & UNDRRESSING

My preference is to (check & circle all that apply):

- I wear my clothes to bed
- Sleep in the nude
- Sit while I dress.
- Sleep in my underwear
- Put my right / left side in first
- I where pajamas.
- I wear jockey / boxer underwear
- I hook my bra in the back
- I hook my bra in the front.
- I prefer not to wear a bra
- I do not wear nylons.
- I do not wear heels