


Teepa Snow's
Positive
Approach
to Care®

A stylized feather graphic is positioned behind the word 'Approach'. The feather has a light blue and green color gradient. Inside the letter 'o' of 'Approach', there is a blue brain icon.

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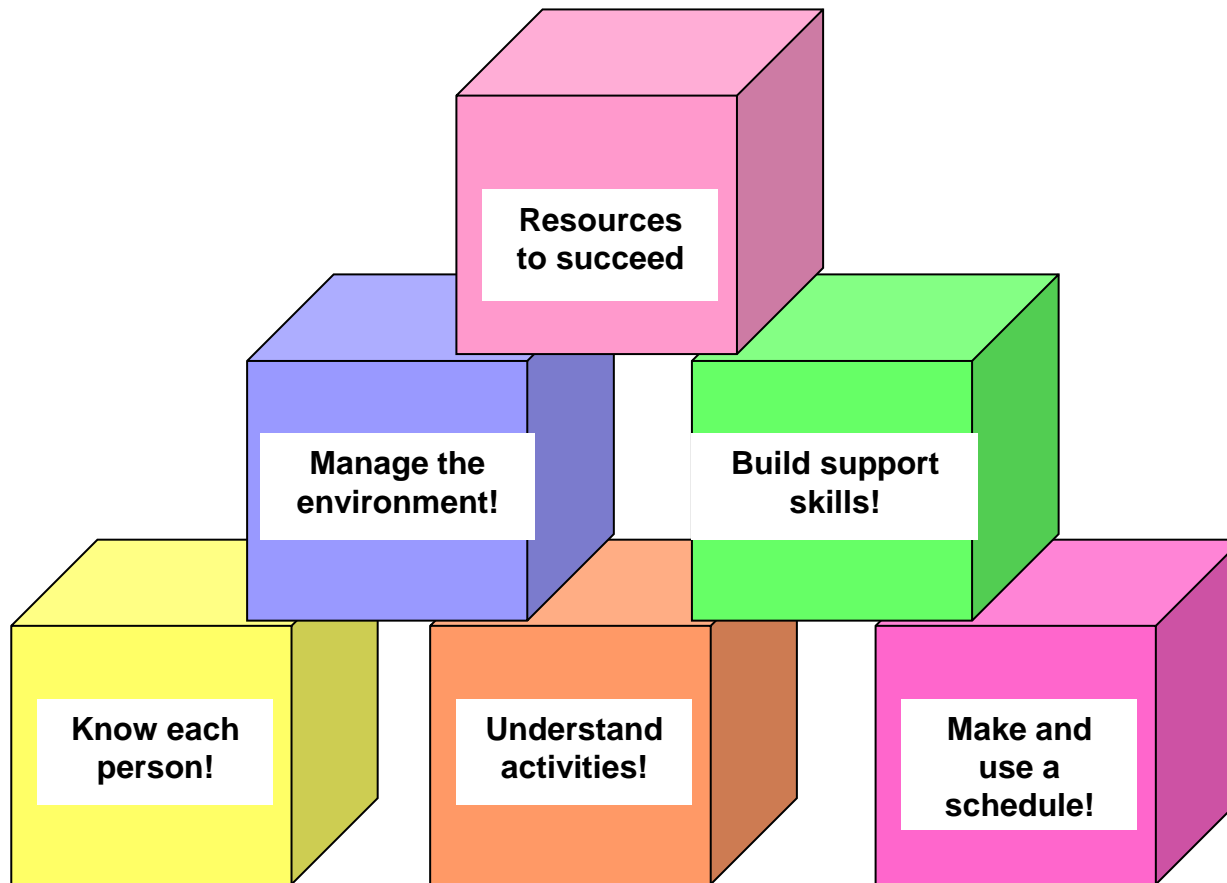
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Filling the Day with Meaningful Activities for Those Living with PD

What Does it Take to Have a Day with Meaning?



Key Activities to Consider:

Productive - Work

Enjoyment - Leisure

Wellness - Personal Care

Restorative - Rest

Productive Activities:

Helping another person

Helping family
members/caregivers

Completing community tasks

Making something

Sorting things

Fixing things

Building things

Creating something

Caring for things

Counting things

Folding things

Marking things

Cleaning things

Taking things apart

Moving things

Cooking/baking

Setting up/breaking
down

Other ideas

Two Examples:

Paying Bills:

- Do it independently
- Together – use a calculator
- Together – do all of them
- Together – do one at a time
- You do most, they sign and put in envelopes
- You do all but the signature
- They put on stamps
- Both take them to the mailbox

Washing Dishes:

- Do it independently only after meals
- Do it independently – when needed to fill time
- Together – one wash one dry
- Do parts
- Watch and guide
- Carry dishes to/from sink

Two Options:

Doing:

Filling socks: rice socks, bean socks, corn socks

Adding herbs: lavender, citrus, eucalyptus, mint

Putting a sock inside another sock

Heating the socks

Rubbing the socks over muscles

Emptying socks out

Making:

Fruit salad: from fresh fruit

Fruit salad: from canned fruit

Fruit salad: from pre-cut fruit

Fruit salad: one fruit and yogurt

Fruit salad: dried fruit, granola, and yogurt

Putting the fruit salad in small cups or bowls

Serving the fruit salad

Leisure Activities:

Active:

Socials

Sports

Games

Dancing

Singing

Visiting

Hobbies

Doing, talking, looking

Passive:

Entertainers

Sport program/event

Presenters

Living room or lobby
sitting

TV programs: watched

Activity watchers

Being done to

Self-Care and Wellness Activities:

Cognitive:

Table top tasks:

- Matching, sorting, organizing, playing

Table top games:

- Cards, board games, puzzles

Group games:

- Categories, crosswords, word play, old memories

Physical:

Exercise

Walking

Strengthening tasks

Coordination tasks

Balance tasks

Flexibility tasks

Aerobic tasks

Personal care tasks

Rest and Restorative Activities:

Sleep/naps

Listen to quiet music with lights dimmed

Look at the newspaper

Look at a calm video on TV screen

Rock in a chair

Swing in a porch swing

Walk outside

Listen to reading from a book of faith

Listen to poetry or stories

Listen to or attend a worship service

Stroke a pet or animal

Stroke fabric

Get a hand or shoulder massage

Get a foot soak and rub

Listen to wind chimes

Aromatherapy

Positive Action Starters:

- **Help:** Be sure to compliment his or her skill in this area, then ask for help with something
“You are so good at baking, would you please help me?”
- **Try:** Hold up or point to the item you would like to use, possibly sharing in the dislike of the item or task
“Could we just try this?”
- **Choice:** Try using visual cues to offer two possibilities or one choice with something else as the other option
“This, or that?”
- **Short and Simple:** Give only the first piece of information, maybe offer a time frame of 1-5 minutes
“It’s about time to brush teeth.”
- **Step by Step:** Only give a small part the task at first
“Lean forward.”



Why Do People Move?

People move to meet needs

People stop moving to meet needs

Why is Mobility Important?

- **Building block for all ADLs**
- **Less mobility = more caregiving challenges**
- **Your behavior affects their behavior**
- **Mobility skills can be changed**
- **You can't safely ignore it**
- **Mobility affects interaction abilities**
- **Mobility is a very visible issue, for better or for worse**

Encourage Mobility Through Activities

**Letter Game: Can be adapted for
standing, tabletop, or floor**

The GEMS[®] States of Brain Change:



Sapphire State: True Blue – Slower but Fine

Diamond State: Repeats and Routines, Cutting

Emerald State: Going – Time Travel – Where?

Amber State: In the Moment – Sensations

Ruby State: Stop and Go – Big Movements

Pearl State: Hidden in a Shell – Immobile

Movement Hazards by GEMS[®] State:

Sapphire State: Slower reflexes, some 'oops' moments

Diamond State: Over/underestimate skills, limited learning for new skills or patters, fear of falls

Emerald State: Forget aid devices, skip steps, resent control or interference, emotional reactions

Amber State: Explore without caution, seeking or avoiding stimulation, pain or distress

Ruby State: Walk until they drop, no depth perception, if going can't stop, if stopped can't get going, may have pain

Pearl State: Contractures, falling into or out of seating, friction, pain, hygiene, isolation, self-protection

Mobility Help by GEMS[®] State:

Sapphires State: Daily exercise, all kinds

Diamond State: Exercise programs that match background preferences and beliefs

Emerald State: Build mobility into the day and rearrange stable supports in the environment

Amber State: Create safer places and space to explore based on sensory needs and tolerance, ample seating

Ruby State: Help with transitions, build in time for transitions, create schedules that make sense

Pearl State: Become their connection to the world, go slow, rotate, use rotational movements

Positive Physical Approach™:

- Pause at edge of public space (6 feet)
- Greet with your open hand next to your face, smile
- Call the person by name, if possible
- Move your hand into handshake position
- Approach slowly and within visual range
- Move from a handshake to Hand-under-Hand® position
- Shift into a Supportive Stance on their side
- Get low by standing or kneeling, but don't lean in
- Make a connection and wait for their response



Hand-under-Hand® Position:



Use of Hand-Under-Hand®:

- **Connecting: comforting and directing gaze**
- **Guiding and helping with movement**
- **Uses established nerve pathways**
- **Getting eye contact and attention**
- **Providing help with fine motor**
- **Offering a sense of control**
- **Gives advanced notice of possible problems**
- **Allows you to do with, not to**

Use Positive Reinforcement:

- Use touch
- Use praise
- Use “yes!”
- Use “good!”
- Use “Thank you for helping me out!”
- Use “That’s it!”
- Use a smile!

Use the Environment to Help!

Personal Things:

- Shoes
- Personal chairs that match the person
- Planned movement during the day
- Clearance to get feet under
- Use non-skid mats

General Things:

- Stable surfaces
- 'Right' height surfaces
- Arm rests
- Open areas
- In-sight destinations
- Railings
- Good lighting

Use Walking Aids Carefully:

Use of Devices:

- **Check out skills**
- **Check out devices**
- **Monitor devices for safety**
- **Monitor for need to change**
- **Call in an expert as needed**
- **Provide support and guidance as needed**

Interested in More?

Teepa offers an online/streaming video entitled *Practical Tips for Better Living with Parkinsons Disease*:

<https://shop.teepasnow.com/product/practical-tips-for-better-living-with-parkinsons-disease-streaming/>

For 15% off this video, use coupon code:
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