PAC Dementia Cue Cards

At Positive Approach to Care (PAC), we are always seeking to offer opportunities to turn unawareness into awareness, awareness into knowledge, and knowledge into skills, as the basis for effective changes in care.

For this reason, we are proud to introduce PAC's latest *free* resource: the **Dementia Cue Card/Dementia Assist Card**. This card provides information to help us recognize if what we are seeing, hearing, and/or experiencing may indicate that something is not normal, with the goal of providing appropriate support for all individuals who may be starting to experience brain change.

- The **Dementia Cue Card** provides cues and clues about how to recognize early brain changes, as well as some important facts and realities about dementia.
- The **Dementia Assist Card** provides tips on how to position oneself for supportive, less stressful, safer interactions, and offers verbal communication methods that minimize the risk of confrontations.

This pdf gives you three pre-set formats for printing this double-sided card:



Option 1 Pages 2 and 3 are sized 8.5" x 11". Print on regular-sized paper or cardstock.



Option 2 Pages 4 and 5 are sized 8.5" x 5.5"

two-on-a-page (half-sheets). Print on cardstock and cut into 2 cards.

Automatic and the second secon	What is need for - Sectore could be a sector for the sector - Sectore could be and of the sector for the sector - Sectore could be sector for the sector for the - Sectore could be sector for the sector for the - Sectore could be sector for the sector for the - Sectore could be sector for the sector for the - Sectore could be sectored by the sector for the - Sectore could be sectored by the sector for the - Sectore could be set of the sector for the - Sectore could be set of the sector for the sector for the - Sectore could be set of the sector for the sector for the - Sectore could be set of the sector for the sector for the - Sectore could be set of the sector for the sector for the - Sectore could be set of the sector for the sector for the - Sectore could be set of the sector for the sector for the - Sectore could be set of the sector for the sector for the - Sectore could be set of the sector for the sector for the sector for the - Sectore could be set of the sector for the sector for the sector for the - Sectore could be set of the sector for the				
Mark State Strengther, Story & State Strengther Strengt					
Parameter approach and a second secon	The second secon				
Restauration for the second se	· Manual and all on the second	Dementia As	ilst Card	Dementia Ass	ist Card
		Harris Mart Hartha, Faitha Mysol Approx?" • Hapthira Taitupini Approx • Harthart, Net year har in profile • Aproximation and the second	Support control of Support of and only in Support of and only in S	The Real Advancement Approxim	
Here is a second s	A second tests	· Bartanara an anna an anna an anna an anna an anna an an	Barding St., Standards Barding St., Standards Barding Standards Standard Standards Standard Standar	Application of the second	· Bright, Perter · Bright, Pe
Angel 1986, All Solid angest of a Departure Reports application and all an proposition	1010.001000	All All and a second second	- Construction - Construction	20129:00/***	
Decremental Cure Cand Martina Mi Martina Mi Martina Mi Martina Ministria Martina Marti	Dementia Car Water and the State and the state and the state of the state of the state and the state of the state and the state state and the state of the state of the state state of the state of the state of the state state of the state of the state of the state of the state state of the state of	Ó		Ó	
starting and long tanks of a strage strategy granted in the behaviour with concisional spectral strategy behaviour with concisional spectral strategy	Antoinformer Stage - Strage - Antoine - Strage - Antoine - Strage - St	Dementia As		Dementia Ass	
	A second	Bandwick State Stat	Elizabella Algoritational Algor	Hermitian Hermitian	Provide the start Sector Start Start Sector Start Start Sector Start Start Sector Start Start Sector Start Start Sector S
		å 💼	Approducts	å 💼	Appendix

Option 3 Pages 6 and 7 are sized 4.25" x 5.25" four-on-a-page (4-up). Print on cardstock and cut into 4 cards.

PAC is allowing you to print, distribute and use these cards for any non-commercial purpose, including training and general educational use, provided you do not charge any money for such usage. For usage questions contact <u>licensing@teepasnow.com</u>.

If you would like our assistance to print these cards in bulk (4-up/500 or more cards) please contact us at <u>info@teepasnow.com</u> and we will connect you with our recommended print vendor. The cost ranges from \$0.17 cents to \$0.04 cents per card depending on the number printed, plus a shipping fee.

We thank you in advance for your cooperation.



Disclaimer of Liability: These materials provided to you by PAC are the thoughts and opinions of Positive Approach to Care. Any information provided is not medical advice and should not be relied on as medical advice. Positive Approach, LLC is not responsible for the actions of any person who acts by relying on the information provided therein. Please use your own discretion in using and implementing the information received in any materials offered by Positive Approach, LLC.

For more resources, visit www.teepasnow.com/store

Dementia Cue Card

What to Look For:

- **Poor impulse control** does private things in public and is easily irritated, may unexpectedly reach for, or touch, others or objects
- **Poor immediate recall of info** forgets what you said, repeatedly asks or shares without recalling having done so, believes you are lying
- Loss of short term memory doesn't remember last contact with you and doesn't follow through, unable to give accurate info
- Word finding problems is vague, uses the wrong words, gets off-target
- Confabulation makes up info unaware of inconsistencies, argues
- Poor judgment choices don't make sense or are inconsistent with past values
 dressed inappropriately for the situation
 - tries to get away or resist, even though surrounded or outnumbered
 - refuses help even though needing it
- Gets lost in place and time driving or walking goes back in time
- Retained social skills covers for mistakes and agrees without understanding
- Emotional distress fearful, angry, or happy inappropriate for situation

How To Check It Out:

- Ask questions that require explanations (not just "yes" or "no")
- Listen for errors, vague, or off-target comments, slowed or impaired understanding of what was said, repeats, extreme emotional reactions, or distractibility...BUT
- DO NOT point out or highlight *inappropriate* behaviors or argue reality
- Seek out additional info from significant others in a separate space
- Notice increase or decrease in frequency, intensity, or volume of speech
- Notice changes in visual, verbal, or physical reactions or abilities

Some Important Facts:

- As many as 50% of those over 85 will have some form or degree of dementia
- Dementia is progressive symptoms and abilities change over time
- 5-10% of people 70 and younger have dementia
- Dementia has many forms different symptoms and progression patterns
- Behavior or word finding changes, *not* memory changes, may be the first signs
- Dementia is inconsistent good/bad days, times, and moments
- Alzheimers, Lewy Body, Frontal-Temporal, and Vascular are common forms
- Leaving an area and getting lost or disoriented can easily happen
- Becoming distressed with confinement or confrontation can quickly happen
- Visual field awareness is limited in most dementias and object recognition varies

Dementia Assist Card

How to HELP! Use PPA – Positive Physical Approach™

- Stop 6 feet out front public space
- Look friendly and make *Hi!* sign with hand
- Offer hand, making eye contact
- Approach from the front moving slowly
- Initiate the greeting and introduce yourself
- Keep shoulders and face back respect intimate space
- Use a supportive stance (stand to the right-hand – not in front)



- Get to their eye level (central vision) staying at arm's length
- *Wait* for their response before continuing...
- Make positive statements
 - "Let's try..."
 - "Do this..." (show what you want the person to do with your body)
 - "Could you please help me..."

What to Say!

- Keep your voice calm, low, and rhythmic
- Keep it short and simple
- Give simple choices "this or that" or "this or something else"
- Use objects show them don't just say it!
- Break task/movement down – one step at a time
- Ask the person to try or to help you
- Use empathetic statements
 - "Sounds like you are... (give emotion)"
 - "Looks like you might... (give condition)"
 - "I'm sorry that happened, that's not OK"
 - "This is hard, I hate it for you"



Connect with us at info@TeepaSnow.com or 877-877-1671



Created by Teepa Snow, MS, OTR/L, FAOTA Copyright © 2006 - 2019 Positive Approach, LLC and Teepa Snow. May not be duplicated or re-used without prior permission.

Dementia Cue Card	Dementia Cue Card
 What to Look For: Poor impulse control - does private things in public and is easily irritated, may unexpectedly reach for, or touch, others or objects Poor immediate recall of info - forgets what you said, repeatedly asks or shares without recalling having done so, believes you are lying Loss of short term memory - doesn't remember last contact with you and doesn't follow through, unable to give accurate info Loss of short term memory - doesn't remember last contact with you and doesn't follow through, unable to give accurate info Word finding problems - is vague, uses the wrong words, gets off-target Confabulation - makes up info - unaware of inconsistencies, argues Teres di nappropriately for the situation Teres to get away or resist, even though surrounded or outnumbered Teres help even though needing it Gets lost in place and time - driving or walking - goes back in time Bets lost in place and time - driving or walking - goes back in time Tereises - fearful, angry, or happy - inappropriate for situation 	 What to Look For: Poor impulse control - does private things in public and is easily irritated, may unexpectedly reach for, or touch, others or objects Poor immediate recall of info - forgets what you said, repeatedly asks or shares without recalling having done so, believes you are lying Door immediate recal of pinfo - forgets what you said, repeatedly asks or shares without recalling having done so, believes you are lying Loss of short term memory - doesn't remember last contact with you and doesn't follow through, unable to give accurate info Word finding problems - is vague, uses the wrong words, gets off-target Confabulation - makes up info - unaware of inconsistencies, argues door judgment - choices don't make sense or are inconsistent with past values dressed inappropriately for the situation tries to get away or resist, even though surrounded or outnumbered tries to get away or resist, even though surrounded or outnumbered tries social skills - covers for mistakes and <i>agrees</i> without understanding Emotional distress - fearful, angry, or happy - inappropriate for situation
 How To Check It Out: Ask questions that require explanations (not just "yes" or "no") Ask questions that require explanations (not just "yes" or "no") Listen for errors, vague, or off-target comments, slowed or impaired understanding of what was said, repeats, extreme emotional reactions, or distractibilityBUT DO NOT point out or highlight <i>inappropriate</i> behaviors or argue reality Seek out additional info from significant others – in a separate space Notice increase or decrease in frequency, intensity, or volume of speech Notice changes in visual, verbal, or physical reactions or abilities 	 How To Check It Out: Ask questions that require explanations (not just "yes" or "no") Ask questions that require explanations (not just "yes" or "no") Listen for errors, vague, or off-target comments, slowed or impaired understanding of what was said, repeats, extreme emotional reactions, or distractibilityBUT DO NOT point out or highlight <i>inappropriate</i> behaviors or argue reality Seek out additional info from significant others – in a separate space Notice increase or decrease in frequency, intensity, or volume of speech Notice changes in visual, verbal, or physical reactions or abilities
 Some Important Facts: As many as 50% of those over 85 will have some form or degree of dementia Dementia is progressive – symptoms and abilities change over time 5-10% of people 70 and younger have dementia 5-10% of people 70 and younger have dementia Enemtia has many forms – different symptoms and progression patterns Behavior or word finding changes, <i>not</i> memory changes, may be the first signs Dementia is inconsistent – good/bad days, times, and moments Alzheimers, Lewy Body, Frontal-Temporal, and Vascular are common forms Leaving an area and getting lost or disoriented can easily happen Becoming distressed with confinement or confrontation can quickly happen Visual field awareness is limited in most dementias and object recognition varies 	 Some Important Facts: As many as 50% of those over 85 will have some form or degree of dementia Bementia is progressive – symptoms and abilities change over time 5-10% of people 70 and younger have dementia 5-10% of people 70 and younger have dementia Behavior or word finding changes, <i>not</i> memory changes, may be the first signs Dementia is inconsistent – good/bad days, times, and moments Alzheimers, Lewy Body, Frontal-Temporal, and Vascular are common forms Leaving an area and getting lost or disoriented can easily happen Becoming distressed with confinement or confrontation can quickly happen Visual field awareness is limited in most dementias and object recognition varies

www.TeepaSnow.com Use empathetic statements Use objects – show them – "I'm sorry that happened, vositive vpproar down – one step at a time **Dementia Assist Card** Care Keep it short and simple "Looks like you might... "this or that" or "this or "Sounds like you are.. Break task/movement Copyright © 2006 - 2019 Positive Approach, LLC and Teepa Snow. May not be duplicated or re-used without prior permission. Keep your voice calm, Give simple choices -Ask the person to try "This is hard, I hate (give condition)" low, and rhythmic (give emotion)" something else" don't just say it! that's not OK" or to help you What to Say! it for you" Created by Teepa Snow, MS, OTR/L, FAOTA Wait for their response before continuing... Use PPA – Positive Physical ApproachTM Look friendly and make Hil sign with hand Initiate the greeting and introduce yourself Approach from the front – moving slowly - "Do this..." (show what you want the info@TeepaSnow.com Stop 6 feet out front – public space Use a supportive stance – (stand Connect with us at Offer hand, making eye contact to the right-hand – not in front) Keep shoulders and face back – person to do with your body) or 877-877-1671 "Could you please help me... Make positive statements (central vision) staying at respect intimate space Get to their eye level – "Let's try..." How to HELP! arm's length www.TeepaSnow.com Use empathetic statements Use objects – show them – "I'm sorry that happened, **Dementia Assist Card** down – one step at a time are Keep it short and simple "this or that" or "this or "Looks like you might.. "Sounds like you are.. Break task/movement Keep your voice calm, Give simple choices -Ask the person to try or to help you - "This is hard, I hate (give condition)" low, and rhythmic (give emotion)" something else" don't just say it! that's not OK"

•

helper

Use a supportive stance – (stand

to the right-hand – not in front)

(central vision) staying at

arm's length

Get to their eye level

Wait for their response before continuing...

Make positive statements

– "Let's try..."

- "Do this..." (show what you want the

person to do with your body)

"Could you please help me...

What to Say!

Look friendly and make Hil sign with hand

Offer hand, making eye contact

Stop 6 feet out front – public space

Initiate the greeting and introduce yourself Approach from the front – moving slowly

Keep shoulders and face back –

respect intimate space

Use PPA – Positive Physical ApproachTM

How to HELP!

it for you"



info@TeepaSnow.com Connect with us at or 877-877-1671 Created by Teepa Snow, MS, OTR/L, FAOTA

Copyright © 2006 - 2019 Positive Approach, LLC and Teepa Snow. May not be duplicated or re-used without prior permission.

Dementia Cue Card

What to Look For:

- Poor impulse control does private things in public and is easily irritated, may unexpectedly reach for, or touch, others or objects
- Poor immediate recall of info forgets what you said, repeatedly asks or shares without recalling having done so, believes you are lying
- Loss of short term memory doesn't remember last contact with you and doesn't follow through, unable to give accurate info
- Word finding problems is vague, uses the wrong words, gets off-target
- Confabulation makes up info unaware of inconsistencies, argues
- Poor judgment choices don't make sense or are inconsistent with past values dressed inappropriately for the situation
 - tries to get away or resist, even though surrounded or outnumbered refuses help even though needing it
- · Gets lost in place and time driving or walking goes back in time
- Retained social skills covers for mistakes and agrees without understanding
- Emotional distress fearful, angry, or happy inappropriate for situation

How To Check It Out:

- Ask questions that require explanations (not just "yes" or "no")
- Listen for errors, vague, or off-target comments, slowed or impaired understanding of what was said, repeats, extreme emotional reactions, or distractibility...BUT
- DO NOT point out or highlight inappropriate behaviors or argue reality
- Seek out additional info from significant others in a separate space
- Notice increase or decrease in frequency, intensity, or volume of speech
- Notice changes in visual, verbal, or physical reactions or abilities

Some Important Facts:

- As many as 50% of those over 85 will have some form or degree of dementia
- Dementia is progressive symptoms and abilities change over time
- 5-10% of people 70 and younger have dementia
- Dementia has many forms different symptoms and progression patterns
- Behavior or word finding changes, not memory changes, may be the first signs
- Dementia is inconsistent good/bad days, times, and moments
- Alzheimers, Lewy Body, Frontal-Temporal, and Vascular are common forms
- Leaving an area and getting lost or disoriented can easily happen
- Becoming distressed with confinement or confrontation can guickly happen
- Visual field awareness is limited in most dementias and object recognition varies

Copyright © 2006 - 2019 Positive Approach, LLC and Teepa Snow. May not be duplicated or re-used without prior permission.

Dementia Cue Card

What to Look For:

- Poor impulse control does private things in public and is easily irritated, may unexpectedly reach for, or touch, others or objects
- Poor immediate recall of info forgets what you said, repeatedly asks or shares without recalling having done so, believes you are lying
- Loss of short term memory doesn't remember last contact with you and doesn't follow through, unable to give accurate info
- Word finding problems is vague, uses the wrong words, gets off-target
- Confabulation makes up info unaware of inconsistencies, argues Poor judgment – choices don't make sense or are inconsistent with past values
- dressed inappropriately for the situation tries to get away or resist, even though surrounded or outnumbered
- refuses help even though needing it
- · Gets lost in place and time driving or walking goes back in time
- Retained social skills covers for mistakes and agrees without understanding
- Emotional distress fearful, angry, or happy inappropriate for situation

How To Check It Out:

- Ask questions that require explanations (not just "yes" or "no")
- Listen for errors, vague, or off-target comments, slowed or impaired understanding of what was said, repeats, extreme emotional reactions, or distractibility...BUT
- DO NOT point out or highlight inappropriate behaviors or argue reality
- Seek out additional info from significant others in a separate space
- Notice increase or decrease in frequency, intensity, or volume of speech
- Notice changes in visual, verbal, or physical reactions or abilities

Some Important Facts:

- As many as 50% of those over 85 will have some form or degree of dementia
- Dementia is progressive symptoms and abilities change over time
- 5-10% of people 70 and younger have dementia
- Dementia has many forms different symptoms and progression patterns
- Behavior or word finding changes, not memory changes, may be the first signs Dementia is inconsistent - good/bad days, times, and moments
- Alzheimers, Lewy Body, Frontal-Temporal, and Vascular are common forms Leaving an area and getting lost or disoriented can easily happen
- Becoming distressed with confinement or confrontation can quickly happen
- Copyright © 2006 2019 Positive Approach, LLC and Teepa Snow.

May not be duplicated or re-used without prior permission.

Visual field awareness is limited in most dementias and object recognition varies

Dementia Cue Card

What to Look For:

- Poor impulse control does private things in public and is easily irritated, may unexpectedly reach for, or touch, others or objects
- Poor immediate recall of info forgets what you said, repeatedly asks or shares without recalling having done so, believes you are lying
- Loss of short term memory doesn't remember last contact with you and doesn't follow through, unable to give accurate info
- Word finding problems is vague, uses the wrong words, gets off-target
- Confabulation makes up info unaware of inconsistencies, argues
- Poor judgment choices don't make sense or are inconsistent with past values dressed inappropriately for the situation
- tries to get away or resist, even though surrounded or outnumbered refuses help even though needing it
- Gets lost in place and time driving or walking goes back in time
- Retained social skills covers for mistakes and agrees without understanding
- Emotional distress fearful, angry, or happy inappropriate for situation

How To Check It Out:

- Ask questions that require explanations (not just "yes" or "no")
- Listen for errors, vague, or off-target comments, slowed or impaired understanding of what was said, repeats, extreme emotional reactions, or distractibility...BUT
- DO NOT point out or highlight inappropriate behaviors or argue reality
- Seek out additional info from significant others in a separate space
- Notice increase or decrease in frequency, intensity, or volume of speech
- Notice changes in visual, verbal, or physical reactions or abilities

Some Important Facts:

- As many as 50% of those over 85 will have some form or degree of dementia
- Dementia is progressive symptoms and abilities change over time
- 5-10% of people 70 and younger have dementia
- Dementia has many forms different symptoms and progression patterns
- Behavior or word finding changes, not memory changes, may be the first signs
- Dementia is inconsistent good/bad days, times, and moments
- Alzheimers, Lewy Body, Frontal-Temporal, and Vascular are common forms
- Leaving an area and getting lost or disoriented can easily happen
- Becoming distressed with confinement or confrontation can quickly happen
- Visual field awareness is limited in most dementias and object recognition varies

Copyright © 2006 - 2019 Positive Approach, LLC and Teepa Snow. May not be duplicated or re-used without prior permission.

Dementia Cue Card

What to Look For:

How To Check It Out:

Some Important Facts:

- Poor impulse control does private things in public and is easily irritated, may unexpectedly reach for, or touch, others or objects
- Poor immediate recall of info forgets what you said, repeatedly asks or shares without recalling having done so, believes you are lying
- Loss of short term memory doesn't remember last contact with you and doesn't follow through, unable to give accurate info
- Word finding problems is vague, uses the wrong words, gets off-target
- Confabulation makes up info unaware of inconsistencies, argues Poor judgment - choices don't make sense or are inconsistent with past values

Retained social skills - covers for mistakes and agrees without understanding

Listen for errors, vague, or off-target comments, slowed or impaired understanding

of what was said, repeats, extreme emotional reactions, or distractibility...BUT

As many as 50% of those over 85 will have some form or degree of dementia

Dementia has many forms - different symptoms and progression patterns

Alzheimers, Lewy Body, Frontal-Temporal, and Vascular are common forms

Becoming distressed with confinement or confrontation can quickly happen

Copyright © 2006 - 2019 Positive Approach, LLC and Teepa Snow.

May not be duplicated or re-used without prior permission.

Visual field awareness is limited in most dementias and object recognition varies

Behavior or word finding changes, not memory changes, may be the first signs

DO NOT point out or highlight inappropriate behaviors or argue reality

Notice increase or decrease in frequency, intensity, or volume of speech

Seek out additional info from significant others - in a separate space

Dementia is progressive - symptoms and abilities change over time

Dementia is inconsistent - good/bad days, times, and moments

Leaving an area and getting lost or disoriented can easily happen

5-10% of people 70 and younger have dementia

Notice changes in visual, verbal, or physical reactions or abilities

Emotional distress - fearful, angry, or happy - inappropriate for situation

dressed inappropriately for the situation tries to get away or resist, even though surrounded or outnumbered

· Gets lost in place and time - driving or walking - goes back in time

Ask questions that require explanations (not just "yes" or "no")

refuses help even though needing it

Dementia Assist Card

person

53

helper

How to HELP!

Use PPA – Positive Physical Approach[™]

- Stop 6 feet out front public space
- Look friendly and make Hi! sign with hand
- Offer hand, making eye contact
- Approach from the front moving slowly
- · Initiate the greeting and introduce yourself
- Keep shoulders and face back respect intimate space
- Use a supportive stance (stand to the right-hand – not in front)
- Get to their eye level (central vision) staying at arm's length
- Wait for their response before continuing ...
- Make positive statements
- "Let's try..." - "Do this..." (show what you want the person to do with your body)
- "Could you please help me..."

- What to Say!
- Keep your voice calm, low, and rhythmic
- Keep it short and simple
- Give simple choices -"this or that" or "this or something else"
- Use objects show them -• don't just say it!
- Break task/movement down - one step at a time
- Ask the person to try or to help you
- Use empathetic statements
 - "Sounds like you are... (give emotion)" - "Looks like you might ...
 - (give condition)" - "I'm sorry that happened,
 - that's not OK'

www.TeepaSnow.com

"This is hard, I hate it for vou"

Dementia Assist Card

person

53

helper

How to HELP!

- Use PPA Positive Physical Approach[™]
- Stop 6 feet out front public space
- Look friendly and make Hi! sign with hand
- Offer hand, making eye contact
- Approach from the front moving slowly Initiate the greeting and introduce yourself
- Keep shoulders and face back respect intimate space
- Use a supportive stance (stand to the right-hand – not in front)
- Get to their eye level (central vision) staying at arm's length
- Wait for their response before continuing ...
- Make positive statements - "Let's try...'
 - "Do this..." (show what you want the person to do with your body)
 - "Could you please help me..."



Connect with us at info@TeepaSnow.com or 877-877-1671

What to Say!

- Keep your voice calm, low, and rhythmic
- Keep it short and simple •
- Give simple choices "this or that" or "this or something else"
- Use objects show them don't just say it!
- Break task/movement . down - one step at a time
- Ask the person to try or to help you
- Use empathetic statements "Sounds like you are...
- (give emotion)" - "Looks like you might ...
- (give condition)"
- "I'm sorry that happened, that's not OK'

www.TeepaSnow.com

- "This is hard, I hate
- it for vou"

What to Say!

•

.

Keep your voice calm,

Keep it short and simple

"this or that" or "this or

Use objects - show them -

down - one step at a time

Use empathetic statements

"Sounds like you are...

- "Looks like you might...

- "I'm sorry that happened,

www.TeepaSnow.com

Break task/movement

Ask the person to try

(give emotion)"

(give condition)"

"This is hard, I hate

that's not OK

it for you"

Give simple choices -

something else"

don't just say it!

or to help you

low, and rhythmic



Connect with us at info@TeepaSnow.com or 877-877-1671

Created by Teepa Snow, MS, OTR/L, FAOTA

Copyright © 2006 - 2019 Positive Approach, LLC and Teepa Snow. May not be duplicated or re-used without prior permission.

Dementia Assist Card

How to HELP!

- Use PPA Positive Physical Approach[™]
- Stop 6 feet out front public space
- Look friendly and make Hi! sign with hand
- Offer hand, making eye contact
- Approach from the front moving slowly
- · Initiate the greeting and introduce yourself
- Keep shoulders and face back -• respect intimate space
- Use a supportive stance (stand to the right-hand - not in front)
 - helper

person

- Wait for their response before continuing ...
- Make positive statements - "Let's try..."

Get to their eye level

arm's length

(central vision) staying at

- "Do this..." (show what you want the person to do with your body)
- "Could you please help me..."

Connect with us at info@TeepaSnow.com or 877-877-1671

Created by Teepa Snow, MS, OTR/L, FAOTA

Copyright © 2006 - 2019 Positive Approach, LLC and Teepa Snow. May not be duplicated or re-used without prior permission.

What to Say!

- Keep your voice calm, low, and rhythmic
- Keep it short and simple
 - Give simple choices -"this or that" or "this or something else"
- Use objects show them don't just say it!
- Break task/movement . down - one step at a time
- Ask the person to try or to help you
- Use empathetic statements
 - "Sounds like you are... (aive emotion)' - "Looks like you might...
 - (give condition)" - "I'm sorry that happened,
 - that's not OK
 - "This is hard, I hate it for you"



Dementia Assist Card

helper

May not be duplicated or re-used without prior permission.

How to HELP! Use PPA – Positive Physical Approach[™]

- Stop 6 feet out front public space
- Look friendly and make Hi! sign with hand
- Offer hand, making eye contact
- Approach from the front moving slowly
- Initiate the greeting and introduce yourself

Wait for their response before continuing ...

Connect with us at

or 877-877-1671

info@TeepaSnow.com

Created by Teepa Snow, MS, OTR/L, FAOTA

Copyright © 2006 - 2019 Positive Approach, LLC and Teepa Snow.

May not be duplicated or re-used without prior permission.

- "Do this..." (show what you want the

person to do with your body)

"Could you please help me..."

Keep shoulders and face back respect intimate space

Get to their eye level

arm's length

– "Let's try..."

(central vision) staying at

Make positive statements

person Use a supportive stance - (stand to the right-hand – not in front)