



Carol Taylor LCSW



Theresa Robinett

Our Professional Support Team!



Scott Veatch



Dani Mandelstam-Guerttman

MISSION

We are a community of experienced professionals who partner with caregivers to provide confidential education and support free of cost to those whose loved ones are living with dementia.



VISION

Our vision is to create a vibrant, active community that touches every caregiver in Wyoming in order to harness personal strengths and local resources to ultimately provide the best care possible for those living with dementia.



Welcome !

Wyoming Center on Aging
Facilitator: Sabine Schenck, M.S.
Technical Support: Jenny Wolf

The goal of today's session is to provide you with education on the importance of occupational therapy in the care of your loved ones. We finish our conversation about meaningful occupations during each part of the dementia journey and will also talk about personal hygiene and continence care.



Scott
Veatch



Jenny Wolf

BUILDING CAREGIVER CONFIDENCE

Personal Hygiene and Continence Care



**Theresa Robinett,
MOT, OTR/L
Casper College**

Today's Speaker



Theresa Robinett, MOT, OTR/L

Theresa Robinett is an occupational therapist who works in Casper, Wyoming. Theresa is a lifelong resident of Wyoming, growing up on her family's ranch outside of Newcastle, Wyoming. Theresa attended and graduated from The University of North Dakota's Occupational Therapy Program - Casper site. During her education, she developed a strong interest and passion for working with an aging population, specifically those with dementia. Her primary area of practice has been in Long Term Care with focus on dementia and physical dysfunction. Theresa started teaching at Casper College in the Occupational Therapy Assistant program in 2015. Since that time, she has been able to branch out into academics and help to provide students with the skills necessary to become successful OT practitioners. Theresa teaches courses covering mental health, kinesiology, gerontology, assistive technology and physical dysfunction. When not working or educating as an OT, Theresa enjoys spending time with her husband and son and fulfilling the role of a rancher's wife on their place west of Casper.



Today's Agenda

1

Welcome and Introductions

2

Presentation:

Personal Hygiene and Continence Care

3

Discussion: Questions, Thoughts and Reflections.

4

Thank you

We are in this together

Today we will talk about ...

Meaningful Occupations

Hygiene and Skin Care

Continence Care



Late Stage Activities

- **ACL**: 1.0 - 2.8
- **Social** - Meals can be a very social time.
- **ADLs/IADLs**
 - **Examples:** maximum to dependent assistance may be needed, increased time.
- **Leisure** -Sensory stimulation: present 1 sensory experience at a time and allow the individual to engage.
 - **Examples:** 5 senses, rhythmic activities, songs, activities that include both hands.
- **Meals** - Posture and increased time to eat is important
 - **Examples:** finger food or drink from a cup

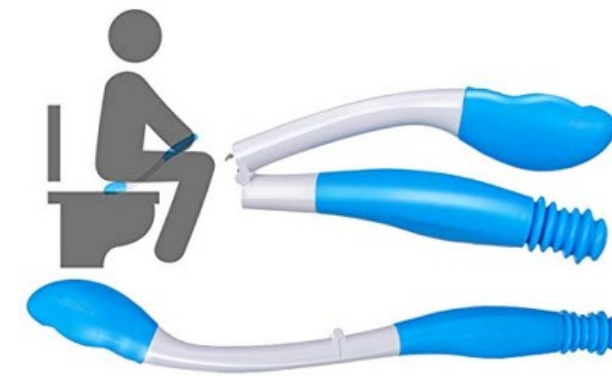
Meaningful Occupations

- Legacy Work
- Reminiscing
- Relaxation
- Comfort
- Sensory



Toileting

- **ACL 4.2 - 6.0**
 - **Structure and Routine are important**
 - **Keep Supplies visible and handy**
 - **Try using raised commode, urinal**
 - **Toilet tissue aide with pre-cut paper**



Toileting

- **ACL 3.0 - 4.0**
 - **Cues to complete the task**
 - **Keep things close in their visual field**
 - **Develop a routine when to use the restroom (i.e., after meals or before; first think when waking up, before bed-time)**



Toileting

- **ACL 1.0 - 2.8**
 - **Grab bars or a commode with rails will be very helpful (equipment that will stabilize)**
 - **Routine with restroom use**
 - **Allow longer times to complete**



Toileting Tips & Tricks

- **Have everything handy to decrease standing time**
 - **Supply box with everything you need**
- **Prep tongs, devices, and wipes prior to entering the bathroom**
- **While they are using the toilet, prepare everything for when they are done**
- **Have loved one in comfortable clothing that is easy to pull off and put back on**
- **Observe the color and amount of urine and bowel movements.**
 - **Urine collection container**
 - **Record in a journal**



Hygiene and Skin Care

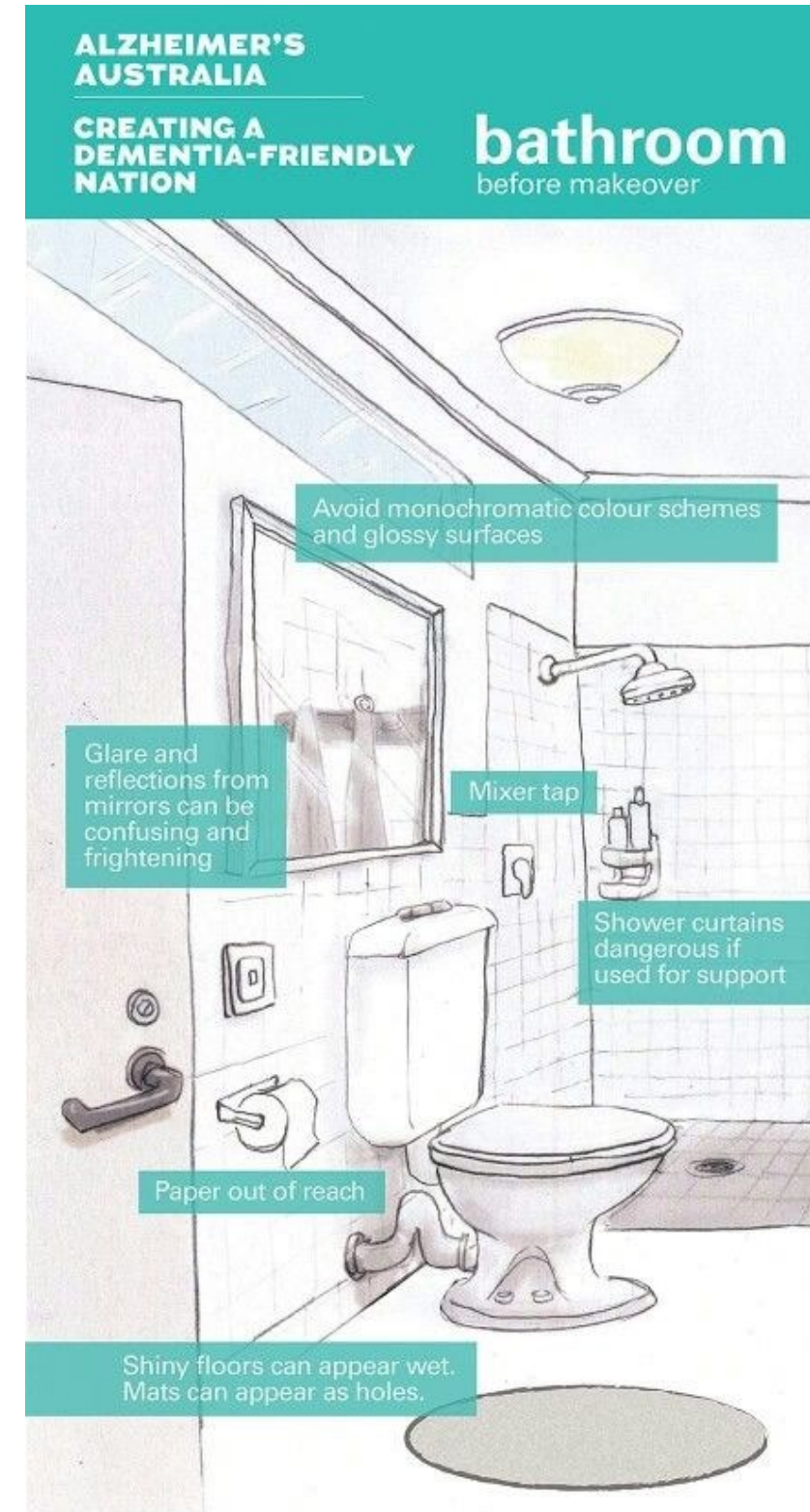
- **Check skin during toileting and bathing**
 - Keep journal with other vitals or information to help keep track
- **Check for redness or irritation (pay attention to skin folds)**
- **Help loved one re-position**
- **Raised toilet or a padded toilet seat are helpful**
- **Change wiping techniques**
- **Use flushable wipes**
- **Dryness is important for good skin integrity**
 - **Body powders, cream, changing disposable briefs**



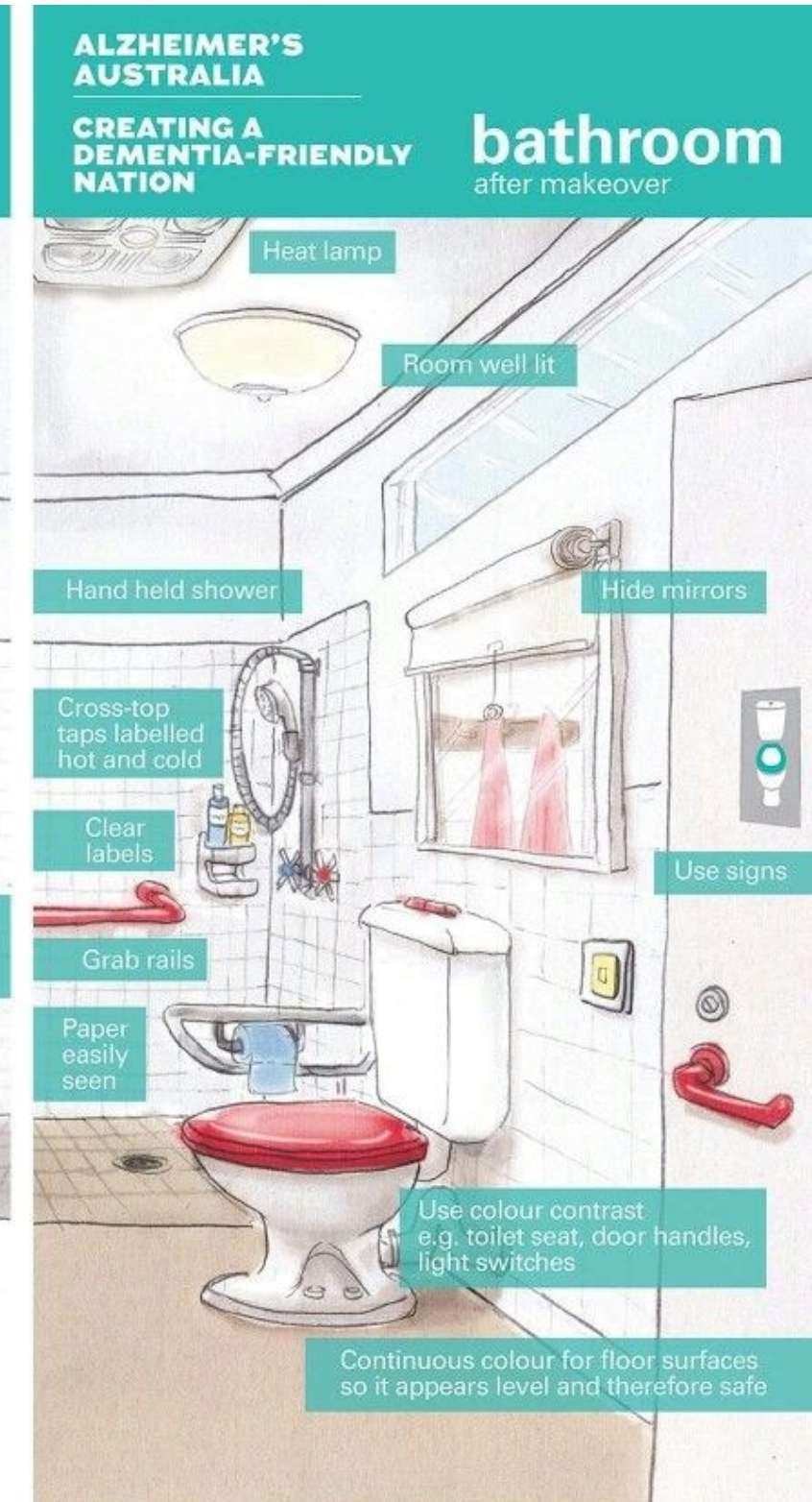
Safety in the Bathroom

- **Remove anything from the bathroom that is not necessary**
- **Color contrast in the bathroom (especially white on white)**
- **Visual pictures in the bathroom to cue loved one for handwashing and other hygiene tasks**
- **Remove rugs from the bathroom**
- **No water or liquids on the floor**
- **Automatic night lights**
- **Grab bars installed into the wall studs**
- **Raised commode with rails**
- **Have loved one wear slipper, non-skid socks or house shoes**

Dementia-Friendly Bathroom



Get more info at fightdementia.org.au/vic and enablingenvironments.com.au



Get more info at fightdementia.org.au/vic and enablingenvironments.com.au

Color Contrast



Special Considerations

- **Primary caregiver establishes and leads the toileting routine and others follow**
- **Journal toileting**
 - **this is great information for their care and will also help other caregivers.**



Special Considerations

- **Bedside Commodes may be appropriate and helpful**
- **Raised toilet seats and bed side commodes can be combined**
 - **Are they comfortable on the toilet?**
- **Bidet installation may be helpful and are more accessible to install**
- **Fiber supplements provided at a consistent time of day**



Incontinence

Occupational Therapist can provide interventions to address incontinence:

- **Pelvic floor exercises**
- **Biofeedback**
- **Bladder training**
- **Food and Liquid intake scheduling**
- **Other compensatory techniques**



Links to some of my favorite items

- [Toilet Wand](#)
- [Flushable Wipes](#)
- [Tongs](#)
- [Disposable Briefs](#)
- [Bidet Attachment](#)
- [Motion Night Light](#)



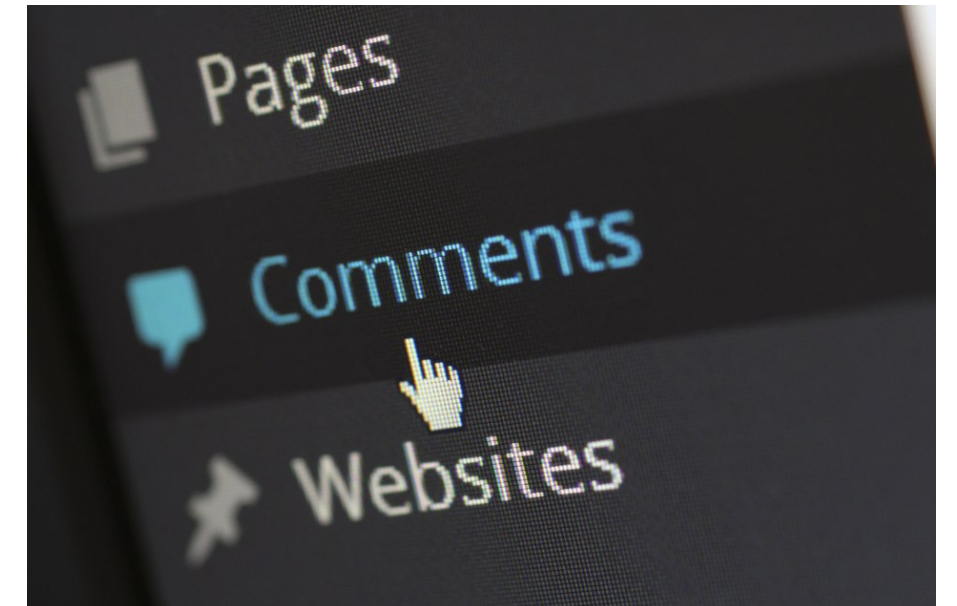
References

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Riska-Williams, L., Allen, C.K., Austin, S.L., David, S.K., Earhart, C.A. & McCraith, D.B. (2007). *Manual for the ACLS-5 and LACLS-5*. ACLS and LACLS Committee.

Mehlhoff, H. (2013). *In Dementia: A Systematic Approach to Intervention* (pp. 38–41). Fort Smith , AR; Aegis Therapies.

Did we address everything you wanted to learn today?



What questions do you have?



If you found today's session useful,
Consider inviting a friend or family member to our next session on
June 29th, 2022
Medical Decision-Making
Speaker: TBD

Contact information
Wyoming Center on Aging
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www.uwyo.edu/wycoa

What caregivers are saying about us...

“

"Great presentation. I thought I knew all about what was going to be presented. I am glad I came anyway, because I learned a lot."

”

“

"Great information. It will help us plan for the future. As my mother's disease progresses, we will have good plan. Right now she can still tell us what she wants."

”



Stay in the moment



Take a deep breath



We are in this together

Wyoming Dementia Together Caregiver Network

Post Session Evaluation Link

June 15th , 2022

Personal Hygiene and Continence Care



Educational Discussion Topics: March - June 2022	
Topic Series: Building Caregiver Confidence	
March 23rd	Vitals - the Good, the Bad and the Basics
April 6th	Managing your Loved one's Medications
April 20th	Home Exercise Programs and Safe Transfers
May 4th	Compassion Fatigue and Caregiver Self-Care
May 18th	NO SESSION! Join WyCOA for the Rocky Mountain Alzheimer's Summit!
June 1st	Engaging Activities for Your Loved One and You to Enhance Cognitive Engagement
June 15th	Contenance Care and Personal Hygiene
June 29th	Planning for Good Health - Medical Decision Making
SAVE THE 2022 DATES: <i>June 29th, July 13th, July 27th, August 10th</i> <i>And more!</i>	

Educational Discussion Topics: July - September 2022	
Topic Series: Caregiver Potpourri	
July 13th	Communication: Engaging your Loved One with Dementia in their Personal Care
July 27th	Collaboration: Enhancing Personal Care for Your Loved One with Dementia
August 10th	Resources: How to Identify and Obtain Appropriate Resources to Care for Your Loved One at Home
August 24th	Home Care: Levels of Care - Respite Care, Home Care, Caring Companions, and Others
Sept 7th	Advocacy for Your Loved One: What is Your Medical Team Trying to Say? And How You Could Respond
SAVE THE 2022 DATES: Sept 21st, Oct 5th, Oct 19th, Nov 2nd, and more Previous subjects available for viewing: Contact WyCOA for more info!	
<u>Be sure to check out the Wyoming Dementia Together Once Again YouTube Channel!</u>	
Click on "subscribe" and on the "bell" icon next to it and you will be notified when we upload a new video. Don't forget to "like" us and feel free to leave a comment.	

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