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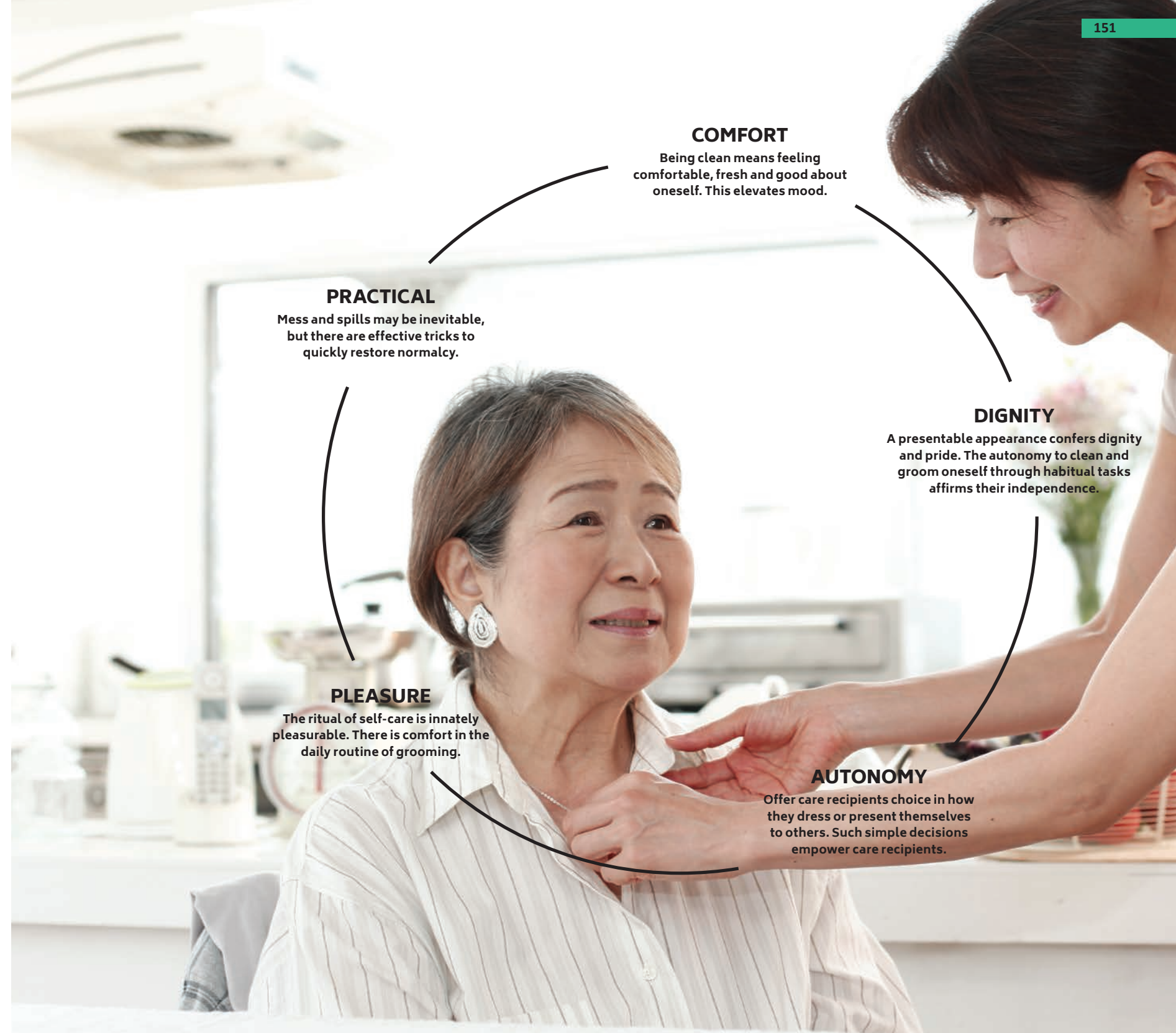
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CARE & CLEANING

Grooming and personal appearance affirm well-being and self-esteem. Dressing and tidying oneself not only uplifts the spirit, but also confers dignity through personal appearance. Cleanliness means feeling comfortable, fresh and good about oneself.

Be clean, Be comfortable, Be happy.

Daily hygiene and self-care habits are comforting rituals that elevate mood and well-being. As a familiar and reassuring habit, grooming represents ownership over how one presents oneself to the outside world. The many basic tasks of grooming reaffirm personhood and sense of identity.



COMFORT

Being clean means feeling comfortable, fresh and good about oneself. This elevates mood.

PRACTICAL

Mess and spills may be inevitable, but there are effective tricks to quickly restore normalcy.

DIGNITY

A presentable appearance confers dignity and pride. The autonomy to clean and groom oneself through habitual tasks affirms their independence.

PLEASURE

The ritual of self-care is innately pleasurable. There is comfort in the daily routine of grooming.

AUTONOMY

Offer care recipients choice in how they dress or present themselves to others. Such simple decisions empower care recipients.

Let Lucy do it herself, as much as she can.

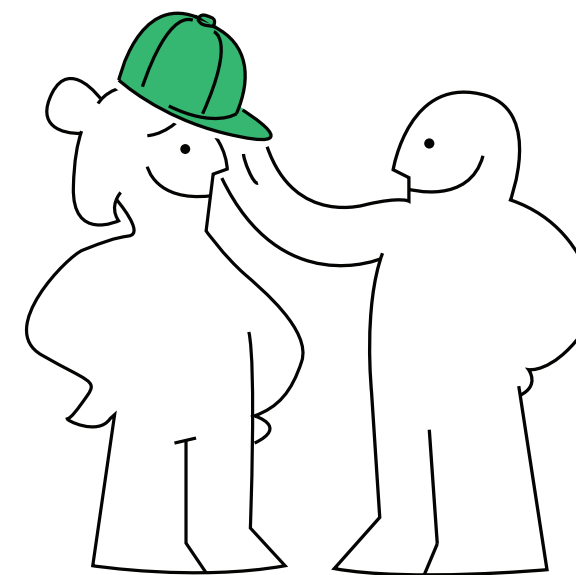
Maximise opportunities for independence, like dressing and grooming oneself. If they can do something on their own, they should. This exercises their hand-eye coordination to resist decline. It also affirms their personhood. Simply choosing one's outfit is already an act of empowerment through expression of preference.



**COMPLETE INDEPENDENCE
WITH DRESSING ONESELF**



At this earlier stage where they are still independent, give them as much freedom as possible in selecting their outfits and allow them to put it on themselves. Keep a watchful eye while respecting their privacy. Only offer assistance when they are visibly having trouble.



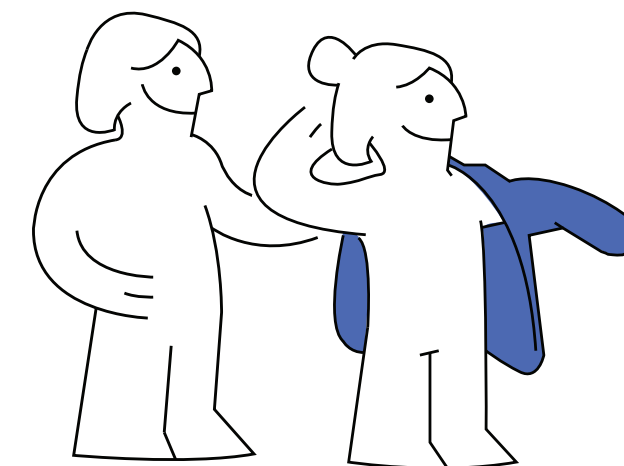
**MINOR ASSISTANCE
NEEDED WITH DRESSING**



Encourage care recipients to help themselves, even if they need a little bit of help. Dressing oneself can sometimes be difficult with those hard-to-reach buttons and whatnots. Nifty tricks like replacing buttons with velcro are good life hacks.



When the care recipient is bedridden, dressing becomes a challenge. Recognise what micro movements (raising arms, tucking head) they are capable of and encourage them to do so when possible. Choose loose-fitting clothes to make dressing easier for both the carer and the cared.



**ASSISTANCE NEEDED
WITH DRESSING**



Laundry baskets with lids are a quick way to hide soiled clothing. Caregivers can separately collect the soiled laundry in a way that respects care recipients' privacy.

01 BRANÄS basket From IKEA.



Dress, and undress, with dignity.

Often taken for granted as a routine activity, dressing is actually a complex and challenging task. It requires shifting body postures and makes one feel vulnerable if undressed with other people around. Even after dressing, leaving soiled clothing behind creates further embarrassment. We should encourage care recipients to dress themselves, and redress situations that compromise their dignity.

02 OMTÄNKSAM red grab bar Attach grab bars of contrasting colours at areas where support is needed.

03 HEMNES open wardrobe Consider the use of clear cabinet doors or forgo them completely to be able to see everything at a glance.

04 HILJA curtains Surrounding the dressing area with curtains gives the care recipients privacy while changing, but allows the carers to be present in the room.



02 Grab bars for support during changing.

See next page for hanger hack

03 Let them see and pick at once.

01 The laundry basket should be within easy reach.

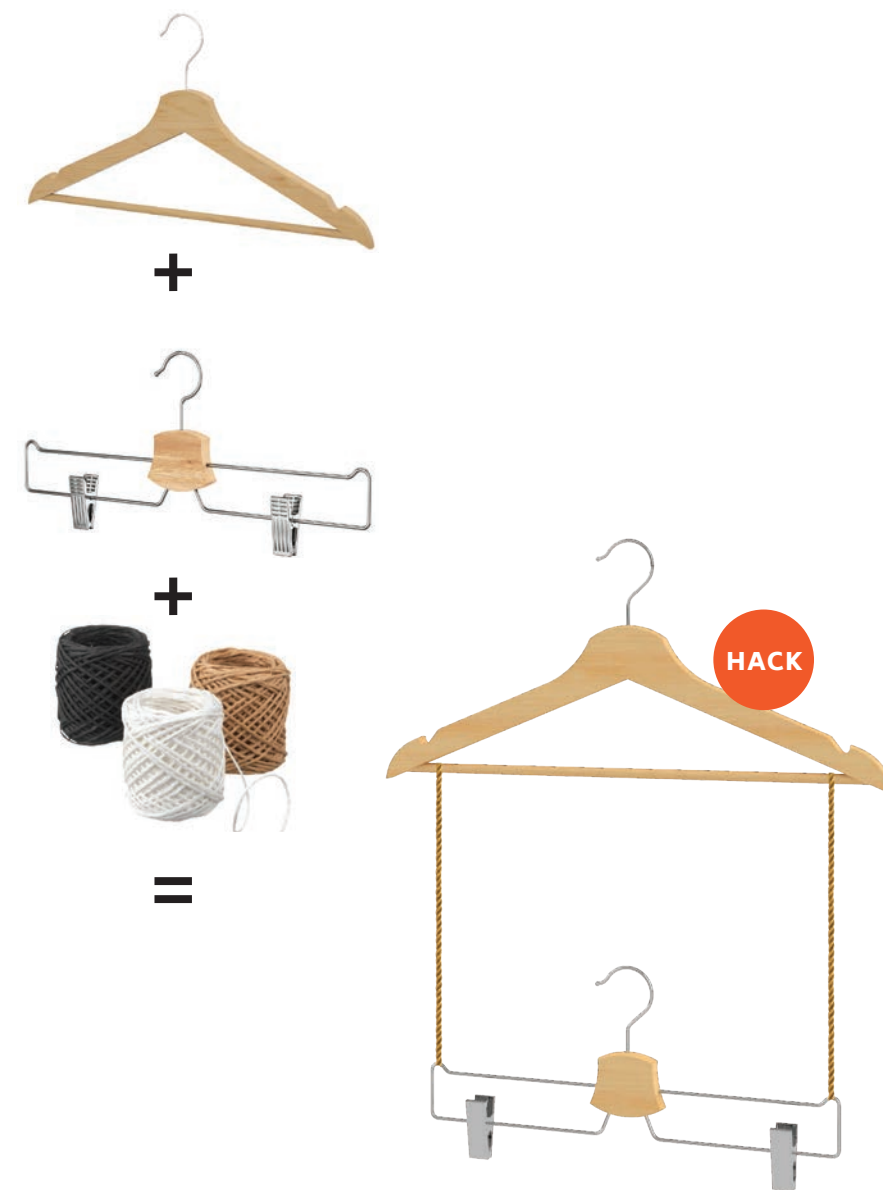
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Curtains allow them to undress with privacy. The caregiver can still "watch over" them from the other side of the curtain.

Wardrobe Autonomy

Dressing is a way to express oneself. Deciding what to wear is a form of empowerment. As dementia progresses, choosing an outfit sometimes becomes difficult and the sequence of dressing may be confusing. We can simplify their decision-making without compromising their ability to choose.

Simplify their decision-making. Pre-select two or three outfits for them to choose from. It is less confusing that way.



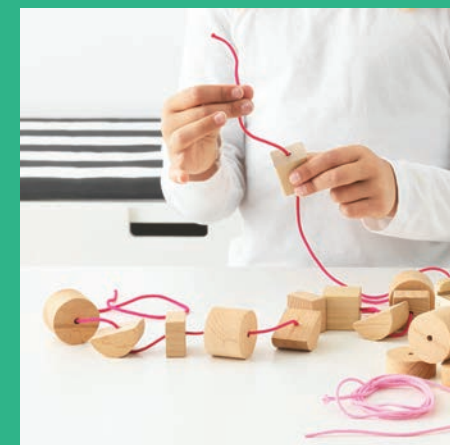
SEQUENCE IT FOR THEM

Separate and pre-arrange their outfit in the order of dressing. Use this hanger hack to display clothes as an outfit.

BUMERANG hanger FROM IKEA.

BUMERANG trouser/skirt hanger FROM IKEA.

SELF-EXPRESSION



The fun in dressing lies in the ability to express one's personality through fashion. Even toys and trinkets can be re-purposed into wearable accessories. Let them wear their creations. It gives them fun and ownership over how they present themselves to others.

03 LUSTIGT lacing beads FROM IKEA.



01

HACK

Mirror reflections can be scary and disorienting. A curtain in front of the mirror helps to remove an unnecessary trigger of confusion.

02



Define the edges of important surfaces like the vanity counter top with contrasting colours so that it is easy to perceive and navigate.



03

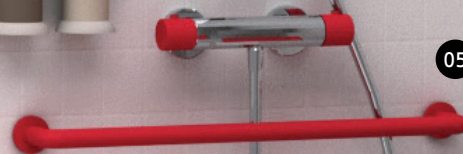


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05

Accentuate important items with contrasting colours. A grab bar to hold on to helps prevent falls.



06

Having a comfortable, waterproof chair to sit on provides for a safe and comfortable bathing experience.



Independence in the Bathroom

The bathroom is a wet space where slippery surfaces may cause falls. Nevertheless, small design interventions make the bathroom safer while improving independence. Colour contrast can accentuate useful items like grab bars and toilet seat covers, helping with navigation.

Keep the bathroom free of clutter so that it remains visually legible. Also, position the mirror such that it cannot be seen on entry. This is because care recipients sometimes perceive mirror reflections as other people. Doing so eliminates unnecessary triggers of confusion and fear.

01 DYNAN wall shelf Open shelf for easy access to items, which means less need for assistance.

02 EGGEGRUND shower curtain Shorten the shower curtain to conceal the bathroom mirror, minimising fright from their own reflection.

03 LOSJÖN coloured hooks Use coloured hooks for towels to indicate which items are for use.

04 RINNIG coloured dispenser Decant soap and shampoo into dispensers and if possible, use simple illustrated instructions.

05 OMTÄNKSAM red grab bar Attach grab bars of contrasting colours at areas where support is needed – toilet, shower area.

06 JANINGE chair A waterproof chair for a safe bathing experience.

READY TO GRAB AND GO



Readiness is a virtue

Pre-packed shower kits like this help the caregiver be prepared for shower time anytime.

01 Toothbrush If possible, brush your teeth together. This will help them with their routine.

02 Shampoo Get their favourite scent, which may cheer them up and reduce agitation during showering.

03 Body Wash or Soap Use one that is gentle on sensitive skin.

04 FLODALEN bath towel From IKEA. Place a towel over the person's lap so that he or she would feel less exposed.

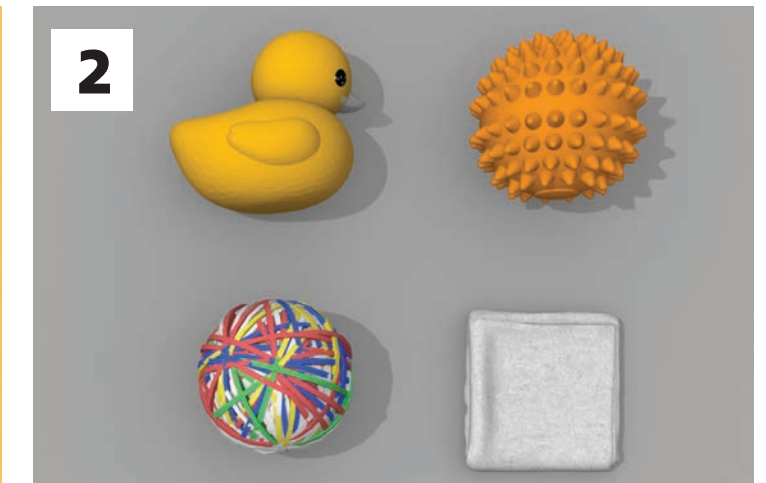
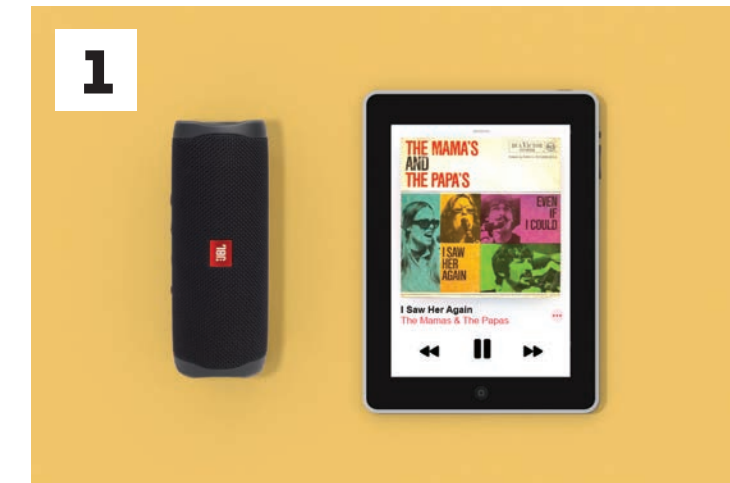
05 Hairbrush Hairbrushing as an activity strengthens bonds between the care giver and recipient.

06 Bath sponge If a shower is not possible, give the person a sponge bath.

07 SAMLA box A nifty box to store everything for an easy grab and go.

You make bath time lots of fun

Think bathing is a chore? Don't be a bore. Make bathing a fun experience with these sensory add-ons.



1 Sound

Create a relaxing bathroom atmosphere with their favourite music.

2 Touch

Having something to hold and squeeze adds a little tactile delight. How about a rubber ducky?

3 Warmth

Give them a spa treatment with a heat compress. The warmth makes a world of difference.

4 Scent

Aromatic soaps and scents help soothe and calm the nerves.



01 Store spare mattresses for rainy days

Lightweight and reasonably priced, spare mattresses allow carers to be prepared for when accidents happen. Soiled mattresses can be washed and aired without disrupting comfort.

HAFSLO mattress FROM IKEA.



02 Have multiple pillows

A good dry pillow is essential for a good night's rest. Spare pillows are a good contingency for the occasional soiling or drooling mishap.

ROSENSKÄRM pillow FROM IKEA.



03 Less is a chore

Care recipients sometimes insist on wearing only their favourite clothes, even when they are being washed. Having multiple sets of their favourite attire avoids this problem.

Have more, clean less

Accidents happen, and soiling clothes and sheets are inevitable. Having multiples of items like mattresses, pillows and the care recipients' favourite clothes help to make life easier for the carer. Extras can make all the difference.



How about shower curtains as under-sheet linings to protect the mattress? This makes cleaning easy and manageable.



04 Get creative with waterproofing

Shower curtains repel water and can be used to waterproof beds, sofas and other sitting surfaces.

EGGEGRUND shower curtain FROM IKEA.

Don't forget the simple pleasures.



Touch makes a difference. Simple grooming activities like brushing one's hair are a gesture of care and love, engendering emotional bonds.

Scalp massage brush From any bodycare store.



MMM... THE SMELL OF FRESH LINEN



Cleanliness is Happiness

Daily cleaning rituals can be pleasurable. Feeling clean means feeling comfortable, fresh and good about oneself.

01 FLODALEN bath towel FROM IKEA.