

QUICK TIPS

Grooming & Dressing

Helping someone with moderate dementia dress and groom can support their dignity and independence. Here are a few tips to make the process easier:

- **Stick to routines:** Keep grooming activities at the same time each day.
- **Simplify choices:** Offer just two or three clothing options.
- **Lay clothes out in order:** Arrange them step-by-step to guide the process.
- **Give gentle prompts:** Offer short, clear instructions and assist only as needed.
- **Encourage independence:** Let them do as much as they can on their own.
- **Respect preferences:** Honour their personal style to help them feel more like themselves.
- **Choose easy clothing:** Use items with Velcro, elastic, and simple openings.
- **Be patient and positive:** Use a calm voice and offer encouragement to help reduce frustration or embarrassment.

Reminder: It's all about balancing support with independence. With patience, flexibility, and encouragement, you can make these daily activities smoother and more dignified for everyone involved.