

Picking out an Outfit Activity

RESIDENT IDENTIFIED CHOOSING WHAT CLOTHES TO WEAR AS A PREFERENCE



Supply Check-list



Assistive devices, as needed:

- Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices



Wipes



The resident's clothes and accessories



Feeling Faces Emotion Assessment form



Activity Introduction

[APPROACH] Approach the resident from the front, on eye level, and smile.

[GREET] Greet the resident using their name.

[INTRODUCE] Introduce yourself using your name, and point to yourself.

[ASK] Ask how the resident is doing today.

» Say: "How are you doing today?"

[ASSESS] Complete the '**before**' portion of the Emotion Assessment form.

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**before**' Feeling Faces.

[RESPOND] Respond to and validate their response.

» Say: "So glad to hear you're well today." or "I'm sorry you're not feeling well."

» Do: Address the person's needs, if applicable.

Activity Questions

Question Suggestions:

- What are your favorite colors to wear?
 - Why are those your favorite colors? Do they have a special meaning to you?
- Do you have a favorite outfit or item of clothing?
 - Why is that your favorite? Does it remind you of something?
- What do you like about this outfit?
- What do you usually like to wear for the day?

Activity Instructions

[INTRODUCE] Introduce the personal care activity.

- » Say: "I know it's important for you to choose your clothes. Would you like me to help you pick out an outfit?"
- » Do: Gesture 'you' (point to person) and 'I' (point to self). Show the materials or a picture of the activity.

[EXPLAIN] Use the activity as a conversation starter.

- » Say: "Let's look through your clothes together and you can pick out an outfit you'd like to wear."
- » Do: Gesture to the resident's closet or dresser.
- » Do: Do your best to honor the preferences of the resident when picking out an outfit with the resident.

[CHOICE] Ask the resident what they would like to wear.

- » Say: "Is there a certain color you want to wear today?"
- » Do: Explain what season it is, what the weather is like, and if there are any upcoming holidays/events. Point to different options as you list them.
- » Variation: If more help is needed, pick out 2 options at once, as to not overwhelm the resident. If they are unable to choose, then pick one that aligns with their preferences.

Activity Instructions continued

[CHOICE] Ask the resident if they want to wear any accessories

- » Say: "Are there any accessories you want to wear today?"
- » Do: List different options such as jewelry, bag, watch, wallet, hat, ring, etc. Point to the options as you list them.
- » Variation: If more help is needed, pick out 2 options at once, as to not overwhelm the resident. If they are unable to choose, then pick one that aligns with their preferences.

[BEGIN] Begin picking out an outfit with the resident.

[ENCOURAGE] Encourage the resident (remember: engagement over correctness).

- » Say: "That's a great outfit." or "I love your [shirt/pants/shoes/accessory/etc]!"
- » Do: Smile and nod, point to the clothing item.
- » Do: Respond to the resident based on their emotional cues.

Activity Instructions continued

[ASK QUESTIONS] See question card for ideas.

[OFFER] Offer to assist the resident with the activity, if needed.

» Say: "I will be right here if you need any help."

» Do: Observe the resident and if they are struggling, offer to help.

For example, if a resident does not respond to which item of clothing they prefer, see if they respond to the color or texture of one more than the other.

» Variation: If more help is needed, continue to encourage choice, but offer suggestions of outfits.

Activity Closing

[THANK] Thank the resident for doing the activity with you.

[ASK] Ask for feedback:

» Say: How did you feel about picking out an outfit today?

[ASSESS] Complete the '**after**' portion of the Emotion Assessment form

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**after**' Feeling Faces.

[ASK] Ask if the resident needs anything before you leave and wipe down materials before storing the supplies.

great job!

