

# Doing Your Hair Activity

RESIDENT IDENTIFIED CHOOSING HOW THEIR HAIR IS DONE AS A PREFERENCE



# Supply Check-list

- Assistive devices, as needed:
  - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes
- Hairbrush and/or comb
- Hair styling tools (if appropriate)
  - Such as hair dryer, straighteners, curling irons, razors, clippers, or any other available and appropriate tools.
- Hair clips, barrettes, headbands, etc.
- Hairspray, gel, or mousse
- Free-standing table mirror
- 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 do you like about having your hair done?
- How did you wear your hair when you were younger?
  - Did you wear your hair long or short?
  - What styles did you like the best?
- Did you go to a hair salon/barber shop to get your hair done or did you do it yourself?
- How do you like to wear your hair now?
- Is there a hairstyle you always wanted to try, but never did?

# Activity Instructions

**[INTRODUCE]** Introduce the personal care activity.

- » Say: "I know that you enjoy having your hair done. Would you like me to help you do your hair today?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

**[CHOICE]** Ask the resident what they would like to do with their hair.

- » Say: "Is there a certain hairstyle you want today?"
- » Do: List appropriate hairstyle options, such as, but not limited to, curled and hair-sprayed for women and gelled back and combed through for men.
- » Variation: If more help is needed, only present 2 options at once, as to not overwhelm the resident. If they are unable to choose a style, then pick one that aligns with their preferences.

**[BEGIN]** Begin doing the resident's hair with the resident.

# Activity Instructions continued

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

- » Say: "Your hair looks great." or "You're doing a great job!"
- » Do: Smile and nod, point to the resident's hair.

**[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.
- » Variation: If more help is needed, continue to encourage choice, but help style the resident's hair.

\* If the resident is struggling with the activity, simplify questions and/or engage more with sense (see next page).

# Using the Senses

**[SENSE]** Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **see** and **touch** during the activity, for a sensory experience.

(Tip: Participate with the resident, you can answer these questions too).

» **See:** Encourage the resident to look at the hair supplies and their hair.

"Can you describe how they look? What do you think of the supplies? Do any of the supplies remind you of something? Do you like how your hair looks? What do you like about it?"

» **Touch:** Encourage the resident to touch the supplies and their hair; describe the feeling.

"What do the supplies feel like? Do you like that feeling? How does your hair feel? Do the supplies remind you of anything special?"

# Activity Closing

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

**[ASK]** Ask for feedback:

» Say: How did you feel about doing your hair 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!*



