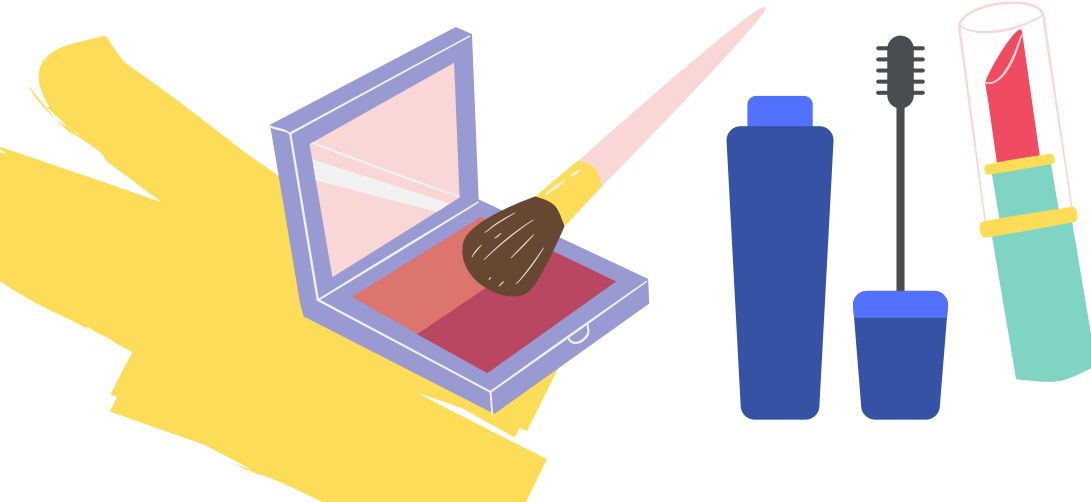


Doing Your Makeup Activity

RESIDENT IDENTIFIED CHOOSING WHAT CLOTHES TO WEAR, SPECIFICALLY
DOING THEIR MAKEUP, AS A PREFERENCE



Supply Check-list

- Assistive devices, as needed:
 - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes
- Resident's makeup (lipstick, eyeshadow, blush, etc.)
- Makeup brushes or cotton swabs and cotton balls
- Makeup remover
- Free-standing table mirror
- Moisturizer or other skincare products
- 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 wearing or doing your makeup?
- What is your favorite kind of makeup to wear? Why?
- Do you have a favorite makeup brand?
- Do you have favorite makeup colors you like to wear?
- When did you start wearing makeup?
 - Who taught you to do your makeup?
- Did you ever have a professional makeover for a special occasion?
- What inspires you to do your makeup?

Activity Instructions

[INTRODUCE] Introduce the personal care activity.

- » Say: "I know it's important for you to take care of your appearance, and that you enjoy doing your makeup. Would you like me to help you do your makeup today?"
- » Do: Show the resident the materials you will be using and explain how they work if needed.

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

- » Say: "Would you like to wear [list available options such as eyeshadow, lipstick, blush, etc.]"
- » Do: Point to the options as you offer them.
- » Variation: If more help is needed, only present 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

[CHOICE] Ask the resident what they would like to use to put their makeup on.

- » Say: "Would you like to use [list available options such as cotton swabs, brushes, their finger, etc.].?"
- » Do: Point to the options as you offer them.
- » Variation: If more help is needed, only present 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 doing makeup with the resident.

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

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

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.
- » Variation: If more help is needed, guide the resident's hands. Some residents may need you to do fine motor tasks for them, but continue to encourage choice.

* 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 different beauty supplies.

"What do you think of the [brush/cotton ball/etc.]? Why do you like to use that to put on your makeup? Does it remind you of anything?"

» **See:** Encourage the resident to look at the different makeup.

"Which is your favorite makeup? What makes that one special? What do you notice about the colors of the makeup? Why do you like those colors?"

» **Touch:** Encourage the resident to touch the supplies and makeup.

"Can you feel the different textures of makeup supplies and makeup? What do they feel like? Do you like that feeling?"

Activity Closing

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

[ASK] Ask for feedback:

» Say: How did you feel about doing your makeup 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!

