

Painting Nails Activity

RESIDENT IDENTIFIED CHOOSING WHAT CLOTHES TO WEAR, SPECIFICALLY
PAINTING THEIR NAILS, AS A PREFERENCE



Supply Check-list

- Assistive devices, as needed:
 - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes
- Cotton swabs and cotton balls
- Nail polish remover
- Nail polish
- Nail file
- Hand and nail lotion
- Latex gloves (optional)
- 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 nails painted?
- What is your favorite color to have your nails painted?
- Do you like your nails long or short?
- Did you always have your nails painted or was it just for special occasions?
- Did you ever have a professional manicure?
 - Did you get a manicure on a regular basis or just for special occasions?
 - Did you have a favorite salon to go to?
 - Did you go by yourself or with someone?

Activity Instructions

[INTRODUCE] Introduce the personal care activity.

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

[CHOICE] Ask the resident what color they would like to paint their nails.

- » Say: "Is there a certain color you want to have your nails today?"
- » Do: Point to the colors of polish 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 painting nails with the resident.

Activity Instructions continued

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

- » Say: "Your nails look beautiful." or "I love that color!"
- » Do: Smile and nod, point to their nails.

[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 the resident paint their nails.

* 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 nail supplies.

"What do you think of the [nail file/cotton swabs/cotton balls/nail polish]? Do you notice anything about the colors? Which color is your favorite?"

» **Touch:** Encourage the resident to touch the nail supplies.

"What do you think of the [nail file/cotton swabs/cotton balls/nail polish]? Can you feel the different textures? 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 painting your nails 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!

