

Touching and perceiving Body awareness



Activity: Getting undressed

Theme: self-reliance

Set-up of the activity

Begin with comfortable clothes that the client is familiar with.

0-2 2-4

- Let the client do as much as possible by himself.
- If possible, let the client name the body parts that you and him touch while getting undressed. Also let him name the clothing items.
- Let a client in a wheelchair help with clothes of the upper body. Also name body parts and clothing items: legs-pants, feet-socks.
- With clients who are bedridden, spend more time massaging or moving the body parts before putting on/taking off a clothing item.

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- Together correct clothing items that are inside out after undressing.
- After taking off a coat, let the client search for the hood or loop and hang the coat.
- Always put (or let the client put) shoes in a fixed and easy to find place.

Points for observation and focus

- Check which motor skills a client possesses in order to carry out actions independently.
- In case of hypersensitivity to tactile stimuli, begin with clothing that does not itch/tickle.
- Observe closely whether the client makes small movements with his head, arm or leg in the direction they need to go. These movements may be the initial steps towards helping to get undressed.

Can also be used in the categories

- Recognising (RC)
- Perception of detail (PD)