

Touching and perceiving Body awareness



Activity: Personal care

Take the time for care activities. Examples of these are hair-combing, rubbing lotion and cutting nails.

Theme: self-reliance

Set-up of the activity

0-2

- First let the client feel, hear and/or smell the object with which you are going to carry out an action.
- Sing songs to support the action.
- Take your time so that the client is relaxed when you begin. First make hand-on-skin contact, so that the client is prepared for the actions.
- Name the body parts at the moment you touch them. Thus say: "I am touching the hairs on your head", "I am going to rub your legs", "I am going to cut your finger nails".

2-4

- Check whether the client can carry out simple actions by himself. Start and then let the client take over combing his hair or rubbing lotion.
- Observe whether the client can grab and put back the care products by himself.
- Let a client in a wheelchair help as much as possible in the care of his upper body and thighs.
- Let a client on a shower stretcher or bed first feel the care products. Take the time to properly massage the body parts while rubbing lotion or before cutting the nails.

4-6

- Let the client carry out more and more steps by himself. Name these steps.

- For example, let the client open the lotion bottle by himself and together apply a bit of lotion on his hand.

Points for observation and focus

- Let the client help as much as possible. For example, let him hold out his hand when cutting nails.
- Check which motor skills the client possesses in order to carry out the actions more independently.
- Be aware of the fact that combing hair, brushing teeth, cutting nails and blowing a nose is even more unpleasant for clients with tactual defensiveness. They may experience these actions as ticklish or even painful. Combine these actions with firm pressure and calm conduct and create predictability: let the client know what is going to happen.
- In the beginning phase, observe closely whether a client makes small movements with his head, arm or leg in the direction they need to go during these actions. These movements may be the initial steps towards helping to carry out the action.

Alternative materials

- Foot massage baths are extremely suitable to focus attention on the legs and feet.

Can also be used in the categories

- Touch sensitivity (TST)
- Proprioception (PC)