

# Dignity in Every Detail

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## *A Guide to Assistance with Daily Living (ADLs) at Windchime of Marin*

As Alzheimer's disease and dementia progress, the routine tasks that once felt automatic can become confusing, overwhelming, or physically challenging. **Activities of Daily Living (ADLs)** encompass the fundamental skills required to independently care for oneself. At **Windchime of Marin**, providing assistance with these activities is not viewed merely as a clinical task, but as a profound opportunity to preserve a resident's dignity, comfort, and self-worth.

## Understanding the Scope of ADLs

Our compassionate care team provides tiered, individualized support for all primary ADLs, ensuring residents receive the exact amount of help they need while encouraging their remaining independence.

### Core Areas of ADL Support

- **Personal Hygiene & Grooming:** Gentle assistance with bathing, oral care, hair styling, and nail care. We transform hygiene routines from a source of anxiety into a relaxing, spa-like experience.
- **Dressing:** Helping residents select weather-appropriate, comfortable clothing and providing physical assistance with buttons, zippers, and shoes.
- **Toileting & Continence Care:** Discreet, respectful management of bathroom routines, utilizing scheduled prompts to preserve dignity and prevent accidents.

- **Mobility & Transferring:** Safe, guided assistance moving out of bed, into chairs, and navigating our secure Kentfield campus to prevent falls and encourage exploration.

## The Scaffolding Approach

Our philosophy revolves around "scaffolding." We do not take over a task entirely unless absolutely necessary. A caregiver might begin by offering a verbal cue ("Here is your toothbrush"). If more help is needed, they may use a visual model (miming the brushing motion). Finally, if physical assistance is required, they gently guide the resident's hand. This preserves muscle memory and self-esteem.

## The Psychological Impact of Grooming

Looking good is deeply intertwined with feeling good. By prioritizing meticulous personal hygiene and grooming, we help residents maintain their lifelong identity. When a resident looks in the mirror and sees a well-groomed, dignified reflection, it significantly boosts their mood and social engagement throughout the day.