



Roleplay Description: Personal Care

Instructions for the Carer:

You are a carer supporting a person with dementia. This morning you will be getting them ready for the day by helping them to wash.

Round 1: Washing

You have to wash the feet of the person with dementia. You give the person with dementia little information about the procedure and talk to the person as if they are a child e.g. talk down to the person in a condescending tone. The person with dementia is not asked about their routine or preferences. If the person with dementia becomes difficult, show them that you are annoyed.

Round 2: Washing

Firstly, welcome the person with dementia and ask them about their well-being. Inform the person with dementia carefully about the planned foot washing. Ask the person with dementia to explain their habits and wishes regarding this procedure. Speak friendly to the person with dementia throughout the wash and give them the freedom to participate in the conversation.



Instructions for the Carer:

You are a carer supporting a person with dementia. This morning you will be getting them ready for the day by helping them to dress.

Round 1: Dressing

You should support the person with dementia by dressing them in a shirt. You should choose a shirt without asking about a favourite colour or fabric. Give the person with dementia little information about the procedure and address them as if they are a child. Allow the person with dementia to try and attempt to button up their shirt but immediately interpret their attempt and take over completing this task. If the person with dementia does not cooperate, try to persuade them or even threaten them.

Round 2: Dressing

Firstly, the carer welcomes the person with dementia and asks them about their well-being. Second, the carer shows the person with dementia several shirts and asks them about preferred colours and materials. The person with dementia can choose a shirt on their own. The carer informs the person with dementia about the next steps and supports them carefully in dressing. The carer facilitates the person with dementia's independence and offers to assist the person to button their shirt if they see they are having difficulties. Finally, the carer compliments the person with dementia.



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Instructions for the Person with Dementia:

You are a person with dementia. You are going to be supported by a carer, who will be helping you to get ready this morning. Pay attention to how the care you receive might differ across the different rounds. You should make it harder for the carer if you feel they are not providing helpful support.