Meals 2.1: How to Assist Another Person with Eating and Drinking

Shelly Edwards: Today we're going to go to looking at how to use hand underhand to assist with eating and drinking. So, team, who might need assistance with eating and drinking? What gem state are we thinking?

Kathryn: Ruby?

Shelly Edwards: Yeah, maybe amber.

Kathryn: Yeah, maybe some amber might need it. Now, is it somebody going to always need assistance for the full meal?

Shelly Edwards: No, no, well, maybe pearl.

Kathryn: Maybe pearl, but if we're looking at ambers, what might they need hand underhand assistance to eat or drink?

Shelly Edwards: Maybe to initiate.

Kathryn: Maybe to initiate because sometimes just kind of triggering that muscle memory. They get their muscles, and their brain is starting to catch, those synapses are going oh, yes, I know what this is, and they can actually continue once you get them started.

Kathryn: So, I'm just going to demonstrate one step at a time about how to do this, so, I'm going to first start with getting us set up. So, if I’m going to assist with Beth with eating — so Beth is sitting here. I'm going to get myself set up. I'm going to put my chair perpendicular — and can you notice how close that is?

Shelly Edwards: Yeah.

Pretty close, yeah, I'm going to put this down even a little more. Now, I'm going to get set up, I'm going get my cup, I'm going to have my bowl all set, right ready to go. So I'm not trying to bring that and get connected with her.

Kathryn: So, I would use my general PPA to get connected –

Shelly Edwards: – We did that last week!

Kathryn: What do you notice about my body?

Shelly Edwards: You're spread out so that you can get –

Kathryn: My back leg, my left leg is behind the chair. Also notice, (asks Beth) are you right-handed or

left-handed?

Beth: I'm right-handed.

Kathryn: She's right-handed and I knew that, so I purposely put my chair on the right side. Now, if she were left-handed, what do you think I need to do?

Shelly Edwards: Do it on the other side.

Kathryn: Do it on the other side. So, it's about her preference, her likes, not mine. I've got, so hopefully, if I’ve got this big juicy brain, I’m able to grow the skills of using my non-dominant hand if it supports her better.

Kathryn: Okay, so, where do you notice my butt is on the chair?

Shelly Edwards: It's on the edge.

Kathryn: It's on the edge, yeah, I'm not sitting back like this, I’m connected; I could even give her proprioceptive touch on her knee if she really needs that kind of grounding.

Kathryn: So, let's start with drinking. I get her hand under hand. I'm in hand under hand and what I want to do is use my — what are these fingers called?

Shelly Edwards: Skill fingers.

Kathryn: So, I'm going to use my strength fingers to stay connected and giving her — I can even give her a little bit of nice pressure.

Kathryn: Now for this, I'm going to go ahead and put my hand on her shoulder. Why do you think I'm doing that?

Shelly Edwards: It gives her a little pressure to let her know you're there.

Kathryn: Yeah! It's the proprioceptive touch. It also helps kind of remind that brain that this is going from here to here, down to here. So, what do you notice about where the cup is in relation to Beth’s body?

Shelly Edwards: Right in front of her.

Kathryn: Right in front of her because we want it to go up the centre line of her body. So, this is why I'm sitting this way, because if I sat this way what might happen to me?

Kathryn: I’m going to get a bad back, yeah, and where is this food coming?

Shelly Edwards: From the side and it doesn't feel natural at all.

Kathryn: Yeah, that's not how we do it. The reason that I want to hold with these skill fingers is — it's hard to see, but if you turn your hand— if I hold it the way we often hold cups like this, when I try to get it, I could bend back, so instead of bending her wrist, I'm able to use my skill fingers to help move the cup, so up the center line.

Kathryn: You know what's really cool about hand underhand with drinking and eating? She can give me feedback. Oh, she's done or she's really thirsty!

Kathryn: So that was using one set of skill fingers, now we're going to get trickier. With eating, I'm going to be in the same position. Now I’m going to use — now notice what I just did to get the spoon. Here's my bowl. I’m going to put her, instead of her shoulder, put her elbow in the crook of my elbow, and now I'm going to use my skill fingers to hold the spoon.

Kathryn: Oops! Now, again, for this one I’m going to use this hand I’m going to tilt the bowl. Great look at that, our mouth is open before it even got there — it's automatic!

Shelly Edwards: Now Kathryn, you were saying we were saying that for an amber, we could maybe use this.

Kathryn: Yeah! Look at that she took it herself, hands underhand you assist with drinking and eating.

Kathryn: That's it for today, for the basics, back to basics! Thanks for joining us Facebook friends! Thanks, Beth for helping us out today!

Beth: Sure! Have a good day everyone!

Kathryn: Have a good one!

Shelly Edwards: Okay, bye-bye guys!

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