

DO YOU KNOW?

Strategies for Bathing With Dignity

Let the resident be **IN CONTROL**

Offer choices - when, who will help, method

Encourage independence - let the resident do what they can

Keep glasses/hearing aids on as long as possible

Keep the resident **WARM**

Cover the resident as much as possible

Cover the head with a towel to retain body warmth

Warm the room ahead of time, including the water

Keep the resident **FREE from PAIN**

Try pain medication before the shower

Pat gently to dry instead of rubbing dry

Support feet on a stool

Wash sensitive areas carefully and slowly

Help the resident feel **SAFE**

Help the resident relax - go slowly, explain each step, and use music or sing

Start with the least painful part of the body

Wash the hair last

