

i Know . . .

For Older Adults with Dementia:

- Personal hygiene is necessary for health, comfort, and well-being
- As their dementia worsens they increasingly rely on others to do their personal hygiene and grooming needs
- Can become anxious and/or agitated during personal care activities
- Increasingly refuse bathing or become fearful
- Have difficulty communicating their needs (like when they are feeling pain or cold)
- Are at risk for skin breakdown skin infections

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More information
www.rgpc.ca or
<http://giiic.rgps.on.ca>

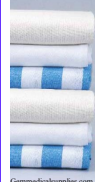


The Pocket Docket

Smart Care for Personal Support Workers
Caring for Older Adults

Personal Hygiene - Towel Bath

i See . . .



Older Adults with Dementia:

- **Skin:** rashes; red or open areas; dry skin, excess moisture, skin redness or bad smells in skin folds
- **Incontinence:** bladder and/or bowel
- **Pain:** no pain, pain
- **Level of assistance:** number of staff required for personal hygiene care,
- **Movement problems:** due to arthritis, stroke, Parkinson's disease, muscle weakness
- **Language and communication:** difficulty making self understood or understanding
- **Behaviours:** refuse, scream, curse, hit, grab, push away, kick, punch, move away

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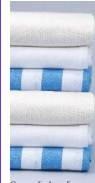


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i Tell ...

Reporting & Documenting

- Refusal of bathing
- Skin breakdown: changes in normal skin condition and perineal area
- Declining tolerance for bathing: fatigue, poor postural control, pain
- Level of assistance: number of staff required for care

TIPS

- Use strategies that prevent or manage responsive behaviours (agitation/aggression) with music, gentle talking, etc.

i Share ...

We'd like to hear from you !

- www.rgpc.ca ➔ New topics ?
➔ Feedback?

☎ **Phone** 905.777.3837 x12436
✉ **Email:** dhm9@xplornet.com
Or sagel@hhsc.ca

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Personal Hygiene - Towel Bath

i Do ...

Promote a comforting and hygienic bathing experience

- Prepare all supplies before beginning. Bring extra supplies just in case.
- Roll bath towels, hand towels, and wash cloths and place in a plastic bag.
- Dilute no-rinse soap in a pitcher of warm water and add to bag until towels are moist but not dripping. Close bag to keep warm.
- Cover the older adult with a warm blanket.
- Start at the feet and work up the body. Gradually replace blanket with warm, moist bath towel and massage skin as you go. Keep patient covered at all times. Replace the wet, soapy towel with a dry one.
- If patient becomes upset, take a short break (60-90 seconds) and start again.
- If 2 persons are required for care, one person talks and reassures the older adult while the other washes.



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