

## Sponge Bath

### Tips:

Ensure that all your supplies are set up before hand. Ensure the resident is kept covered with the Bath blanket or warm blanket. Only expose the area that you are going to wash. Consider using no rinse foam instead of soap

## Toilet or Commode Bath

Tips: In the morning or before bed set the resident up on the toilet or commode. Allow them time to sit on toilet/commode. Once they are done going to the bathroom, wash and dress their upper torso, move on to the legs. Wash the genital area just prior to transferring

## Towel Bath

Tips: The resident is covered with a large, warm, moist towel containing a no-rinse soap solution, and is washed and massaged through the towel. Resident is kept covered the entire time. Ensure supplies are set up before hand. Start washing at the body part least distressing for the client. Use separate wash cloths for the face and genitals.

## The Singing Bath/Music Bath

### Tips:

Try to provide distraction while assisting a resident to bathe. Sing them a song, set up the radio to play their favorite music, share a life story, provide them with a doll or something to keep their hands busy.

## Alternative Bathing Techniques

### Remember

#### Keep the Person:

\*Comfortable

\*Warm

\*Covered

\*Feeling in Control

Share all successes with the team and update the ICP!

## The Seven Day Bath

### Tips:

Try dividing the body into seven different parts and washing a different section each day. Some residents can only tolerate short episodes of care. Ensure you are communicating with the team what part of the body you are cleaning each day.

## The Under the Clothes Bath

Tips: Use this method for residents that are not willing to remove clothing. Provide distraction for the resident, attempt to wash torso, underarms with no rinse soap under the clothing. Reapproach at a later time to attempt to change clothing or just prior to bed. Stop the bath if resident becomes upset/ reactive

## Shower

Tips: Use Shower chair for residents unsteady on their feet or having pain. Trial padding the chair with washcloths to make seat more comfortable. Consider using a footstool to allow the resident to rest their feet instead of having them hanging. Use a bath blanket so the resident can remain covered. Use your hand to adjust the flow of the water through the shower nozzle over the resident

## Tub Bath

### Tips:

Try running the water prior to resident being in the tub room. Ensure the tub room is warm. Try to minimize interruptions. Provide distraction in the tub room-set up music. Try using familiar smelling soaps/shampoos. Use bath blanket to allow resident to remain covered if they wish.