

Resists Bathing or Showering

<p>Identify the Problem</p>	<p>PROBLEM: Resists Bathing or Showering</p> <p>GOAL/EXPECTED OUTCOME: To reduce resistance to bathing or showering</p>
<p>Educate Yourself</p>	<p>ASSESS FURTHER:</p> <p>Understand the possible triggers of the problem:</p> <ul style="list-style-type: none"> • Does the person not recognize who you are? • Does the person not recognize his or her self in the bathroom mirror? • Is the person scared? • Is the temperature of the room uncomfortable? • Is the temperature of the water uncomfortable? • Is there poor lighting? • Is the person sensitive to the noise of the running water? • Does the person have difficulty with vision or hearing? • Is there a breakdown in communication? Does the person not understand your directions? • Is the person kept waiting too long while the bath is being prepared? • Is the person fatigued? • Is the person in pain? • Are the tasks involved in bathing too complicated? <p>Understand the possible meaning of the problem to the person with Alzheimer's:</p> <ul style="list-style-type: none"> • Is the person feeling embarrassed about getting undressed in front of you? • Is the person uncomfortable? • Is the person scared or confused? <p>Understand the possible meaning of the problem to the caregiver:</p> <ul style="list-style-type: none"> • Is the caregiver frustrated?
<p>Adapt</p> <p>Problem solve with interventions and actions</p>	<p>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</p> <ul style="list-style-type: none"> • Preparing the bathroom: <ul style="list-style-type: none"> ○ Make sure the room is warm enough for the person ○ Run the water so it is not too hot or too cold ○ Do not use bright lights if possible ○ Have a towel, clean clothing, and non-slip socks ready for use when the person steps out of the tub or shower ○ Try covering the mirror if the person gets agitated around it ○ Try playing the person's favorite calming music • Make sure the bathroom is safe to reduce fear • Use a non-slip mat in the tub or on the bathroom floor so the person feels more safe • Consider a tub or shower seat. Make it comfortable with a warm towel • Fill the tub with only 4 inches of water to make water seem less scary

	<ul style="list-style-type: none"> • Communicating effectively <ul style="list-style-type: none"> ○ Assure the person you are there to help them ○ Use a calm and reassuring tone of voice ○ Be direct: “Your bath is ready now,” instead of “Do you want to take a bath?” ○ Explain what you are doing right before you do it ○ Use simple instructions, one at a time, and demonstrate for the person, i.e., pretend to wash your arm so the person can copy you • Other <ul style="list-style-type: none"> ○ Try to be patient and do not rush the person ○ Let the person participate, by giving him/her a washcloth to use ○ Be gentle and look for signs of pain ○ Consider a sponge bath instead of a shower if needed ○ If the person does not want to bathe, try at another time. Also realize that daily bathing may be too much ○ Find the best time of the day when the person is not too tired or anxious ○ Give the person as much privacy as possible, but keep safety in mind
	<p><u>CLINICAL SUPPORT:</u></p> <ul style="list-style-type: none"> • If the person refuses to bathe because of pain, refer to PCP • Discuss with PCP appropriate hygiene
	<p><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></p> <ul style="list-style-type: none"> • Listen empathically to caregiver and evaluate for level of distress • Refer to IHSS • Refer to Alzheimer’s Greater Los Angeles for support groups, disease education, and care consultation <ul style="list-style-type: none"> ○ ALZ Direct Connect referral ○ Provide 24/7 Helpline #: 844.HELP.ALZ 844.4357.259 ○ Website: www.alzcla.org • Send literature: <ul style="list-style-type: none"> ○ Quick Fact Sheet – Bathing (English and Spanish) ○ Topic Sheet – “Difficulty with Bathing”
	<p><u>FOLLOW UP:</u></p> <ul style="list-style-type: none"> • Schedule a phone call with caregiver to discuss outcomes and provide additional support
	<p><u>NOTES:</u></p> <hr/> <hr/> <hr/> <hr/>