

## Resists Bathing or Showering

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

	<ul style="list-style-type: none"> <li>○ 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</li> <li>• Other             <ul style="list-style-type: none"> <li>○ Try to be patient and do not rush the person</li> <li>○ Let the person participate, by giving him/her a washcloth to use</li> <li>○ Be gentle and look for signs of pain</li> <li>○ Consider a sponge bath instead of a shower if needed</li> <li>○ If the person does not want to bathe, try at another time. Also realize that daily bathing may be too much</li> <li>○ Find the best time of the day when the person is not too tired or anxious</li> <li>○ Give the person as much privacy as possible, but keep safety in mind</li> </ul> </li> </ul> <p><b><u>CLINICAL SUPPORT:</u></b></p> <ul style="list-style-type: none"> <li>• If the person refuses to bathe because of pain, refer to PCP</li> <li>• Discuss with PCP appropriate hygiene</li> </ul> <p><b><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></b></p> <ul style="list-style-type: none"> <li>• Listen empathically to caregiver and evaluate for level of distress</li> <li>• Refer to IHSS</li> <li>• Refer to Alzheimer’s Los Angeles for support groups, disease education, and care consultation             <ul style="list-style-type: none"> <li>○ ALZ Direct Connect® referral</li> <li>○ Provide Helpline #: 844.HELP.ALZ   844.435.7259</li> <li>○ Website: <a href="http://www.alzheimersla.org">www.alzheimersla.org</a></li> </ul> </li> <li>• Send literature:             <ul style="list-style-type: none"> <li>○ Caregiver Tip Sheet – “Bathing” (English and Spanish)</li> </ul> </li> </ul> <p><b><u>FOLLOW UP:</u></b></p> <ul style="list-style-type: none"> <li>• Schedule a phone call with caregiver to discuss outcomes and provide additional support</li> </ul>
	<p><b><u>NOTES:</u></b></p> <hr/> <hr/> <hr/> <hr/>