

Bathing Activity

RESIDENT IDENTIFIED CHOOSING THEIR METHOD OF BATHING AS A PREFERENCE



Supply Check-list

- Assistive devices, as needed:
 - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes
- Preferred soap, shampoo, and conditioner
- Washcloths, loofa, sponge
- Warm, dry towels
- The resident's preferred level of light, temperature, and usage of music
- Feeling Faces Emotion Assessment form

Activity Introduction

[APPROACH] Approach the resident from the front, on eye level, and smile.

[GREET] Greet the resident using their name.

[INTRODUCE] Introduce yourself using your name, and point to yourself.

[ASK] Ask how the resident is doing today.

» Say: "How are you doing today?"

[ASSESS] Complete the '**before**' portion of the Emotion Assessment form.

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**before**' Feeling Faces.

[RESPOND] Respond to and validate their response.

» Say: "So glad to hear you're well today." or "I'm sorry you're not feeling well."

» Do: Address the person's needs, if applicable.

Activity Questions

Question Suggestions:

- How do you feel about the light and temperature in the room?
- Are you comfortable?
- How was your day today?
- Personalized questions tailored to the resident to help alleviate anxiety/anger/irritation/etc.
 - Think about topics the resident likes to talk about.

Activity Instructions

[INTRODUCE] Introduce the personal care activity.

- » Say: "I know it's important for you to have a [preferred bathing type]. Would you like me to help you bathe this way?"
- » Do: Gesture 'you' (point to person) and 'I' (point to self). Show the materials or a picture of the activity.

[EXPLAIN] Use the activity as a conversation starter.

- » Say: "I am going to get set up for your [preferred bathing type]. Do these items look familiar to you?"
- » Do: Gesture to the resident's preferred bathing items.
- » Do: Do your best to honor the preferences of the resident when helping the resident bathe.

[CHOICE] Ask the resident what type of bathing they prefer to see if their preference has changed.

- » Say: "You've shared with us that you prefer [type of bathing], do you still want to do [type of bathing] today?"
- » Do: Explain what the resident previously preferred and what their different options are.
- » Variation: If they are unable to choose, then pick the type that aligns with their preferences.

Activity Instructions continued

[BEGIN] Begin bathing the resident.

[ENCOURAGE] Encourage the resident (remember: engagement over correctness).

- » Say: "You're doing a great job." or "We're almost done!"
- » Do: Respond to the resident based on their emotional cues.

[ASK QUESTIONS] See question card for ideas.

Activity Closing

[THANK] Thank the resident for doing the activity with you.

[ASK] Ask for feedback:

» Say: How did you feel about bathing today?

[ASSESS] Complete the '**after**' portion of the Emotion Assessment form

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**after**' Feeling Faces.

[ASK] Ask if the resident needs anything before you leave and wipe down materials before storing the supplies.

great job!

