

## Bathing Without a Battle: Person-centered Techniques for Promoting Hygiene

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## Challenging Behaviors for Caregivers

- Memory disturbance 93%
- Physical violence 43%
- Suspiciousness 50%
- Critical/demanding 52%

## Common Concerns

- Safety
- Injuries
- Stress of everyday care
- Hygiene



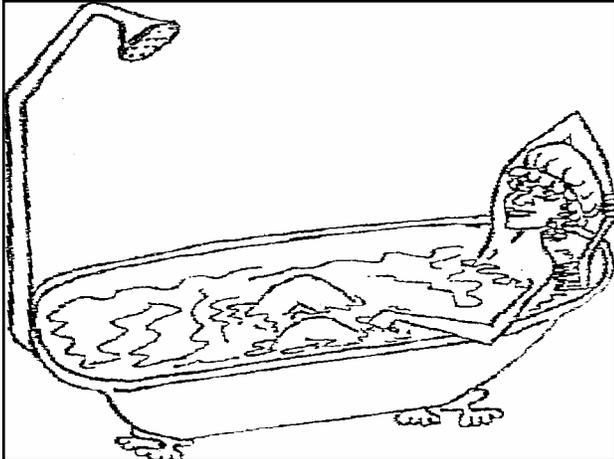
## Impact



- Psychological distress
- Often results in institutionalization

**Practical, day-to-day  
strategies can reduce  
the distress**





## Myths Related to Bathing

- It takes lots of water to get people clean.
- There will be more infections and skin problems.
- People always feel better after they have a bath or shower.
- You have to just go ahead because for most people who resist, there won't be a "good" time.

Shower struggle - Before

Revised shower - After

Towel Bed Bath

## Understand the Behavior

- What is the person doing?
- When does it happen?
- Who is involved when it happens?
- Where does it happen?
- What makes it worse/better?
- Whose problem is it?
- What next?

## Why Does it Happen?

- Judgment
- Memory
- Pain
- Fear/suspiciousness/anxiety
- Invasion of privacy

## Why Does it Happen? (cont.)

- Loss of control
- Timing
- Pace
- Cold
- Noise level

## Try a Different Strategy

- Change your approach
- Change the time
- Change the bath

## Select Individualized Solutions

- Set realistic goals
- Select solutions that meet specific needs
- Make a plan
- Be prepared to adjust your expectations

## Use simple, practical interventions



## General Guidelines

- Empathize
- Organize objects
- Focus more on the person than the task
- Be flexible
- Use persuasion , not coercion
- Be prepared
- Stop

## General Techniques

- Cover
- Go slow
- Distract
- Break the task into small steps
- Communicate



## Try No-Rinse Products



## Equipment

- Chairs/stools
- Shower spray
- Bath mats
- Lifts
- Grab bars

## Grab Bars

- Easy to find
- Easy to grip
- Easy to reach

## The Bed Bath



Towel Bath Preparation

Setting up towel bath equipment

Giving the Towel Bath



## The Seven Day Bath





## The Shared Shower

## The Recliner Bath



## Hairwashing

## Hairwashing Module Clips

Hairwash - after

## Hair Washing

- Do it last
- Use very little shampoo
- Rinse carefully
- Use no-rinse products or dry shampoo
- In the bed, use a soft basin



**Use Outside Resources to Help**



**It's about learning how to individualize care, not substituting one specific method or task for another**

**We CAN make a difference!**

