

# Module 6B

## Approach to Personal Care: Knowing the Person



# Areas We Can Help



Dressing



Eating



Bathing



Toileting

# What You'll Learn

- Identify two ways to support bathing
- Identify two ways to support dressing
- Identify two ways to support toileting
- Identify two ways to support eating



# Local Coffee Shop

This nicely  
dressed man  
walks up to you  
and then...



# An Individualized Approach to Personal Care



# Why Might Bathing be Frightening or Stressful?

- Person is naked; they feel exposed
- Person feels embarrassed or uncomfortable
- Person doesn't like feel or sound of water
- Water is too cold or too hot
- Bathroom is cold
- Person is afraid they will fall



# Support with Bathing

- Preferences & habits
- Functional abilities
- Bathing supplies
- Therapeutic environment
- Spend 5 to Save 20
- Dignity and privacy



# Graded Support with Bathing

| Early                | Middle         | Late            |
|----------------------|----------------|-----------------|
| Prepare bathing area | Simplify       | Sponge bath     |
| Offer reminder       | Coach          | Warm towel      |
|                      | Communicate    | Rinse free soap |
|                      | Use props      | Props           |
|                      | Demonstrate    | Music           |
|                      | Hand over hand | Singing         |
|                      | Safety         |                 |
|                      | Dry shampoo    |                 |



# Support with Dressing



- Style and preferences
- Choices
- Meaningful engagement
- Remove soiled clothes
- Slow down process
- Don't correct or argue

# Graded Support with Dressing

| Early             | Middle                 | Late                 |
|-------------------|------------------------|----------------------|
| Simplify closet   | Environmental cues     | Gentle tone          |
| Evaluate clothing | Simplify clothes       | Music and props      |
|                   | Simplify process       | Privacy              |
|                   | Verbal/non-verbal cues | Comfortable clothing |
|                   | Privacy and safety     |                      |
|                   | Validation             |                      |

# Support with Toileting

- Assess bathroom environment
- Privacy and dignity
- Meaningful engagement
- Do not argue or shame
- Do not rush
- Sudden changes



# Graded Support with Toileting

| Early                | Middle                 | Late                         |
|----------------------|------------------------|------------------------------|
| Monitor clothing     | Clear path             | Use of incontinence products |
| Reminders            | Well lit               | Monitor skin                 |
| Limit evening fluids | Remove items           | Infection prevention         |
|                      | Bright colors          | Validation and reassurance   |
|                      | Schedule               | Constipation prevention      |
|                      | Verbal/non-verbal cues |                              |
|                      | Simple steps           |                              |
|                      | Verbal Instruction     |                              |
|                      | Safety                 |                              |

# Support with Eating

- Choice in food and meal time
- Food preferences
- Involvement in meal preparation
- Environment
- Social connections
- Independence
- Do not rush
- Maintain oral health



# Graded Support with Eating

| Early                            | Middle                   | Late                  |
|----------------------------------|--------------------------|-----------------------|
| Routine access to prepared foods | Advance preparation      | Difficulty swallowing |
| Monitor intake                   | Offer one food at a time | Hydration             |
|                                  | Colored/lipped plates    | Adapt food            |
|                                  | Adapt foods              | Safe body positioning |
|                                  | Verbal prompts           | Do not force          |
|                                  | Non-verbal techniques    | End of life wishes    |
|                                  | Soft Music               |                       |

# What Did We Talk About Today?

Let's Review...

# Support with Bathing

- Preferences & habits
- Functional abilities
- Bathing supplies
- Therapeutic environment
- Spend 5 to Save 20
- Dignity and privacy





# Support with Dressing



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# Support with Toileting

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# Support with Eating

- Choice in food and meal time
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# Let's See What You've Learned

**Test 6B: Approach to Personal Care:  
Knowing the Person**