

# TERRA VISTA TIPS | BATH TIME BEHAVIORS

When a loved one has memory loss, caregivers may find that even the most routine daily tasks can become difficult for them. Whether it's time to wash up for dinner or get ready for the day ahead, bathing can pose significant trials that may cause you to become just as frustrated and overwhelmed as your loved one. Fortunately, with the right approaches and techniques, convincing your loved one to maintain their personal appearance can become easier and less taxing, allowing you to focus more on your loved one's care.

## TIPS FOR MANAGING BATH TIME BEHAVIORS

From downright refusing to bathe, feeling shy about bathing in front of you or being agitated at their loss of independence and privacy, your loved one's behaviors shouldn't be taken personally. Consider some of the following tips to help you manage bath time behaviors.

**Prepare for bathing** by gathering supplies like towels, shampoo, and soap ahead of time, as it can cue your loved one it's time to bathe.

**Ensure the bathroom is a comfortable temperature, towels are close at hand and the shower seat or bath is padded.**

**Monitor the water temperature to ensure the water is not too hot or too cold.** They may simply not want to bathe because the water is uncomfortable.

**Allow them to choose, if possible, whether they prefer a bath or shower.** Giving them the option of bathing now or a specific time shortly after can also help them to feel as though they have a choice.

**Give them a job to do, such as hand you the soap or washcloth.** This gives them a purpose to focus on.

**Cover them with a bath blanket if they prefer to be more modest.** See if they prefer assistance from someone of the same sex, as well.

**Try to set a regular time for bathing so they have a normal routine.** This can cause them to refuse bathing much less.

For more information or to join us for an upcoming support group, contact Terra Vista today.



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## YOUR RESOURCE FOR DEMENTIA BEHAVIORS

Caregiving for a loved one with dementia can be difficult and leave you feeling burnt out and stressed. Fortunately, Terra Vista is here to help support you and give you the advice and tips you need to make caregiving as simple as possible. Our caregiving support groups can help you meet others on a similar journey while our dementia care experts can teach proven tips and provide the expert advice you need to create moments of joy for your loved one with dementia. No matter where you are in your journey, Terra Vista is always here to help.

**An Alzheimer's Assisted Living Community**

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