8 Tips for Dressing

Helping your loved one get dressed can help maintain their dignity. Getting dressed for the day provides a normal routine, which can be comforting to some.

1) Dress in every day clothes for as long as possible. There could be a time when it may be better to use a hospital gown.

2) Choose clothes that are easy to put on and take off. Look for clothes with snaps, zippers, Velcro and elastic waistbands.

3) If he or she can, let the person choose his or her outfit. Give two or three choices to pick from.

4) Be flexible. Wearing a bra or hat may not be important to her or him.

5) Let the person dress himself or herself as much as possible. Hand them one item at a time.

6) If a person has a weak side, put the clothes on that side first. When undressing, take the clothes off the weak side last.

7) On some clothing, Velcro can be put in place of buttons. Use zipper pulls attached to the zipper’s metal tab (a large paper clip can also be used).

8) If wearing shoes, choose slip on shoes and extended shoehorns.

A Guide to Grooming

Personal care can be challenging when it is difficult or impossible to get out of bed. Grooming is an important thing you can do for your loved one to provide comfort and boost self-esteem. We are here to support you until you feel comfortable doing it on your own.

10 Steps for Bathing in Bed

Bathing cleans the skin, stimulates circulation and provides movement. Most people do not need a full bath every day, but do wash the hands, face and genital area every day.

1) Gather things you will need (non-latex medical gloves, sheet or blanket, basin of warm water, mild soap, two large towels, washcloths, baby oil or lotion optional, adult brief if needed, clean clothes).

2) Put up side rails of bed or put stable chairs at the side of the bed. This will help prevent a fall. Be sure the chairs do not slide.

3) Put on gloves. Close doors/curtains for privacy. Adjust room temperature if needed.

4) Remove clothes and adult brief (if using). Cover the person with the blanket.

5) Uncover and wash one part of the body at a time. Let the person know what part you are going to wash as you go along.

6) Place a towel under the part being washed. Use less soap as too much can cause dryness. Rinse and pat dry – do not rub dry. Gently massage baby oil or lotion onto areas with dry skin.

7) Cover each part again before you move to the next one.

8) Start with the face and work down. Skip the private areas and wash the legs. Roll the person to one side to wash his or her back.

9) Wash the private area and buttocks last. Remove all body waste.

10) Dress in clean clothes or gown and change the sheets.
### 11 Steps for Washing Hair in Bed

As with bathing, most people do not need their hair washed every day.

1) Gather things you will need: large trash bag, five to six large towels, a two gallon basin of warm water, a washcloth, a plastic cup, mild shampoo, hair dryer (optional).

2) Open the trash bag. Roll the sides down until the bag looks like a bowl. Line the inside of the bag with two or three towels to catch the water. This helps keep the bed dry.

3) Cover the pillow with a towel. Roll up another towel and place it under the person's neck.

4) Put the trash bag under the head. The rolled towel under the neck should be inside the bag.

5) Fold the washcloth in half. Place it over the person's eyes. He or she may want to hold it in place.

6) Use the cup to wet the hair. Keep water off of the face. Cover the forehead with your free hand.

7) Gently massage shampoo (about the size of a quarter or less) into the hair and scalp. Lift the head gently to massage underneath.

8) Rinse the hair with cups of water until all traces of shampoo are gone.

9) Remove the trash bag. Carefully unroll it to keep the water inside the bag.

10) Gently dry the hair with a towel or hair dryer. Remove the towel from the pillow when the hair is dry.

11) If needed, gently comb hair.

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### 14 Steps for Changing the Sheets

Changing the sheets is important for cleanliness and comfort.

1) Gather the things you will need: two clean flat sheets (not fitted), bed pads, blanket, pillowcases and a plastic bag.

2) Put up the bed side rail or put stable chairs at the side of the bed opposite where you will be starting. Be sure the chairs do not slide.

3) Imagine the bed divided in half lengthwise. Roll the person to lie flat on his or her back to the center of the bed. He or she will be lying on top of the rolls.

4) Un-tuck the dirty sheet from under the mattress on your side. Roll it lengthwise toward the center of the bed until the roll rests by the person's back.

5) Take a clean flat sheet and fold it in half lengthwise. Put it on the bed with the fold running down the center.

6) Roll the top half of this sheet to the center of the bed. Tuck the unrolled half of the sheet under the mattress. Smooth out all wrinkles.

7) Add a bed pad, if needed. Fold the pad in half, put the fold at the center, and roll the top half to the center.

8) Roll the person to lie flat on his or her back to the center of the bed. He or she will be lying on top of the rolls.

9) Put up the side rails or move the chairs on the opposite side of the bed.

10) Roll the person to the clean half of the sheets.

11) Remove the dirty sheets completely. Put in the plastic bag.

12) Unroll the clean bottom sheet (and bed pad, if using) from the center of the bed. Stretch out sheets and smooth out wrinkles. Tuck the bottom sheet under the mattress.

13) Cover the person with the second sheet. Tuck it in and add a blanket if he/she prefers.

14) Change the pillowcases and adjust the pillows.