

THE STAND-UP BATH



EQUIPMENT:

- Resident's personal soap
- Incontinent product/underwear
- Deodorant
- Comb/brush
- Electric razor/straight razor
- Clothes
- Resident's personal lotion
- Shoes
- Personal items – watch / hair accessories/jewellery

SET-UP:

- Two wash cloths – one to soap and one to rinse
- Towels
- Anti-slip mat

Run water until it is warm, plug sink – continue to run small amount of warm water to rinse

THIS BATH MAY BE CONDUCTED WITH THE RESIDENT'S UNDERWEAR ON – WHEN BRA BECOMES WET SAY “YOUR BRA IS WET LET’S PUT ON A DRY ONE” AND SO FORTH

PROCEDURE:

1. Soap and rinse one area of the body at one time.
2. Start with the neck and shoulders, the wash the arms and hands, moving down the body to the hips, legs and feet.
3. Make sure to clean well in areas of skin folds – dry those areas very well.
4. Lift the breasts to wash underneath them.
5. Wash the privates last. Provide as much privacy as possible – soap the washcloth and encourage resident to do as much as possible themselves.
6. Do the crotch first – keeping the resident's privates covered as much as possible.
7. To do the rear end and if resident able to stand, have the resident hold on to the sink area and bend forward slightly, and do a thorough soap and rinse.