



## WHY DOES THIS HAPPEN?

*People with Alzheimer's or another dementia might be:*

- afraid of falling
- feeling uneasy getting undressed in front of you
- scared or confused
- feeling helpless

# Bathing

People with Alzheimer's disease or another dementia may be afraid of bathing or uneasy with having someone help them with bathing. Sometimes they worry about falling or can have trouble knowing which is the hot versus the cold water faucets.

## WHAT CAN YOU DO?

### Prepare the Bathroom in Advance

- make sure the room is calm and warm
- run the water so it is not too hot or too cold
- don't use bright lights if possible

### Make the Bathroom Safe

- use a non-slip mat in the tub or shower and as a bath mat
- consider a tub seat
- fill the tub with only 4 inches of water
- remove things that may be dangerous such as razors, nail clippers, hair dryer, etc.
- watch carefully – don't leave him or her alone

### Allow Time & Be Positive

- allow your person to enjoy it... if he or she finds bath time relaxing
- stay calm
- be direct... "Your bath is ready now" instead of "Do you want to take a bath?"
- give one step directions... "Let's wash your left arm...good!, now your other one"
- be patient... don't rush

### Be Realistic

- don't argue or get frustrated... a daily bath may be too much
- consider a sponge bath instead of a tub bath
- show what you need from them... pretend to wash your arm so that he or she can copy

**Alzheimer's**  
ORANGE COUNTY

**Helpline**

**844-373-4400**

**alzoc.org**

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