

Long Term Care
Intensive Train the Trainer Series

Managing Difficult Behaviors

Enhancing the Bathing Experience

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Enhancing the Bathing Experience

Teaching Cues	Content	Resources
Title	Enhancing the Bathing Experience	Enhancing the Bathing Experience
	<p>For many people with dementia and their caregivers, a bath or shower can be a painful and unpleasant experience. This module will explore why the bath can be so stressful. We will look at the different factors involved and present strategies that can make the experience more pleasant for everyone.</p> <p>The objectives for this module are:</p> <ol style="list-style-type: none"> 1. Identify factors related to the person with dementia that influence the bathing experience. 2. Describe strategies for staff to promote cooperation and enjoyment of the bath 3. Describe the challenges in the task of bathing 4. Recognize the importance of the environment in which the bath or shower is being provided. 	
Objectives		Objectives
Introductory Comments	Bathing is an extremely personal experience. Everyone has certain things that are important to them when they take a bath.	
Discussion Question (5 minutes)	Let's stop for a moment to think about ourselves. What is it that we enjoy about a bath or shower? If you were unable to give yourself a bath, what would be important for the person to know who would have to help you? (Example: temperature of water, order in which things get done, special type of lotion)	