**Behavioral Approaches to Decrease Resistance to Bathing**

* **You will need multiple towels.**
* **Try leaving on a patient gown or pajamas for the upper body while you wash the lower body.**
* **Remove lower body clothes after toileting and before the shower.**
* **Consider colored tape on the shower threshold to make getting in easier visually.**
* **Use a colored non-skid mat on the shower floor and the shower chair or bench.**
* **Use a rubberized non-skid bath mat outside the shower or tub.**
* **Consider a shower or transfer bench with a back to help the resident feel more secure and relaxed.**
* **Use colored tape on the grab bars.**
* **Use a hand-held shower and have a basin ready to soak feet.**
* **Increase the temperature in the bathroom with a heat lamp or heater (removed and put away after the shower for safety reasons).**
* **State, “Let’s do a clean-up” instead of using the term shower.**
* **If resistive to bathing state, “Let’s soak your feet.”**
* **Warm towels and clothing in the dryer and place in a food hot/cold bag or towel warmer and remove as needed.**
* **Bathe from the toes up. Leave washing the hair for the end. Leave upper body garments on. Don’t remove them until you get to that part. When finished with the lower body, cover the lower body with a towel while you wash the upper body.**
* **Allow the resident to do as much of her washing for herself as possible.**
* **Have the resident hold a washcloth if she has busy hands.**
* **Keep the resident covered and warm throughout the shower.**
* **Keep a towel over the resident’s lap for privacy while bathing the lower legs and upper body.**
* **You can bathe underneath a draped towel or under a t-shirt if the resident does not want to remove the shirt or towel.**
* **Sing the resident’s favorite song if she becomes antsy.**
* **Validate and acknowledge feelings expressed.**
* **Thank her for being patient with you.**
* **Apologize if she does not like something.**
* **Be relaxed and try not to rush.**
* **Do not spray water in her face. Use a wet washcloth to wash the face.**
* **Wash the hair last. Cover the resident’s face with a wash cloth and have her hold it over her face.**
* **If too upset to try a shower, try soaking feet while she sits on the toilet, wash legs with No-Rinse soap. Use the hand-held shower spray for peri-care while the resident sits on the toilet.**

**Adapted from Evergreen Healthcare and the In-Home Mental Health Service of the Geriatric Regional Assessment Team**