

## Personal Hygiene

*Care recipients may feel embarrassed to ask for help with personal hygiene. Reassure them that you're available to assist if they need support.*



### Establish a Routine

Create a **consistent hygiene routine** that fits the needs and preferences of your loved one. Regularity helps to **maintain good hygiene** and provides a **sense of normalcy**. A well-structured routine makes daily tasks more manageable.

### Provide Supplies

Ensure your loved one has access to supplies, such as **soap**, **shampoo**, **toothbrushes**, and **incontinence products**. Having supplies on hand makes the process more effective. **Replenish** the **supplies** for them if they can't do it themselves.

### Encourage Independence

Encourage your loved one to participate in their hygiene routine as much as possible. **Offer assistance only where needed** to promote their **independence** and **self-esteem**.

### Ensure Safety

Prioritize safety by using **non-slip mats**, **grab bars**, and **shower chairs**. These aids help prevent falls and injuries during hygiene activities. Regularly inspect and maintain these safety features to ensure they are in good condition.

### Tools for Better Hygiene

**Adaptive tools** can help **improve hygiene** and **promote dignity**.

- Long-handled brushes help reach difficult areas.
- Electric toothbrushes and flossers simplify oral care.
- No-rinse bathing wipes and dry shampoos are alternatives for traditional bathing.
- Shower chairs, grab bars, and handheld shower heads enhance safety and comfort.