



Cherish

A PCA Choice / Home Management Agency

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Safe Bath Assist – Tub or Shower

Prepare the area for bath or shower.

- Make the room comfortable. Especially notice and adjust the temperature, if necessary.
- Close the windows to prevent drafts.
- Close doors and curtains for privacy.

Gather supplies and equipment as listed below. Remember to ask the client what he/she might want for supplies .

- Soap and container.
- Large bath towel.
- Small bath towel or bath mat.
- Washcloth.
- Safety belt (if necessary).
- Stool or shower chair for shower.
- Body powder, deodorant, and other grooming aids.

Prepare and check area for safety.

- Tub or shower should be clean with a non-skid surface. (A rubber bath mat or adhesive strips can provide a non-skid surface. A towel may be used on the tub or shower floor.)
- Prepare a safe pathway to the bathroom.
 - Remove any electrical cords from the floor.
 - Remove any throw rugs from the floor.

Run and regulate the bath or shower water.

- Run the water into the tub to 1/3 to 1/2 full.
- Check the water temperature on your inner wrist.
- If taking a shower, regulate the water pressure and temperature before allowing client to enter the shower.

Place a mat in front of the tub.

Bring the client to the bathroom. If there are grab bars, show the client how to use them. To make getting in or out of the tub easier, suggest that the client sit on the edge of the tub and swing his/her legs around, rather than step in or out of the tub.

Explain to the client that you will be outside the door if they need you.

Check frequently to see if the client needs assistance.

Return the person to the pre-bath situation or to another requested area of the home. Use a safety belt if necessary.

Wash hands and straighten the bath area.