



A Plan For Senior Care's Guide To Grooming and Hygiene

Caring for your senior loved one can be a challenging task. Whether it be preparing meals, escorting to a doctor's appointment or taking care of finances, one of the most important aspects of care is personal grooming and hygiene. Use our helpful tips to make your seniors personal care easier.

BATHING:

- Staying calm when bath time arises is imperative. When you are calm, it is contagious! Allowing your senior to relax while bathing, makes it easier for everyone
- Increase the room temperature to warm the air. Cooler air can be startling to a senior
- Be prepared with all items such as liquid soap, shampoo, washcloth, towel and clean clothes before you get started
- Test the water temperature to ensure it is not too hot or cold. Using a handheld shower head is helpful for rinsing. It can be helpful to start at the feet and work your way up
- For the safety of your senior loved one, ensure that an anti-slip mat or stickers are on the shower/tub floor. Using a stool or bench can be more comforting
- If bathing your senior becomes too difficult of a task, consider hiring a home care agency for assistance. They have trained professionals on staff specifically for this care



HAIR CARE:

- Use gentle hair products such as baby shampoo or a dry shampoo and leave in conditioner, one to two times per week.

DENTAL:

- Schedule regular dental check-ups. If needed use a house call dentist or hygienist
- Dentures should be checked on a regular basis for proper fit
- If the ability to use a regular toothbrush diminishes, consider switching to an electric device

HAND AND FOOT CARE:

- Regular manicures and pedicures are relaxing and helpful for hygiene
- Schedule regular visits to a podiatrist for foot care. The doctor can also cut the toenails.

EAR CARE:

- Visit an Ear, Nose and Throat specialist to ensure clean ears and wax removal if necessary

Keep smiling to keep a positive environment. Do not have expectations that all grooming can be done all at one time or to perfection. Every bit of grooming makes a difference to help your senior feel better!

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. A Plan For Senior Care will be happy to create a personalized care plan for your loved one.