



- ◆ We learned how to manage our personal care when we were children. It is an important step in building our independence. When we offer to help our loved ones with something that they have been doing on their own for decades, it is a sign to them that they no longer can care for themselves and must be told and helped like when they were a child
- ◆ Personal care is, well *personal*. We establish our own habits and sequences of doing things. What was your loved ones' way of doing things before? Did they shower in the morning or evening? Did they use spray or solid deodorant? Did they shower daily, every other day, or once a week?



## SOME HELPFUL SUGGESTIONS:

- ◆ Prepare the bathroom in advance. Make sure the room is calm and warm. Try soothing music. Run the water to make sure it is the right temperature. Be mindful that the ability of your loved one to judge water temperature can be lost quite suddenly.
- ◆ Make the bathroom safe—some consider it to be the most dangerous room in your home. Use non-slip mats in tub/shower. Have grab bars professionally installed—anyone can slip, and grab bars can save both you and your loved one from injury. Towel bars are not a safe alternative! Consider a shower chair and other safety modifications. Fill the tub with only 3-4 inches of water and never turn your back on your loved one while assisting them.
- ◆ Allow time and be positive. Allow yourself enough time to assist your loved one if they need it—they will sense if you are rushed or annoyed and react. Try to stay calm but direct “Your bath is ready now” versus “You’re going to make me late for work if you don’t do this right now.”
- ◆ Be realistic. Don’t argue or get frustrated. A daily shower may be too much. If they like wearing the same outfit day after day, that is fine as long as it is cleaned when needed. Simplify the routines for you both like using a 2 in 1 shampoo and conditioner or dry shampoo as a substitute.

Sources and for more information: “*The 36-Hour Day*” by Mace and Ravins and the *Caregiver Tip Sheet on Bathing* from Alzheimer’s Greater Los Angeles alzgla.org

## Upcoming Events and Support Groups

**Friday, June 22nd Caregiver Wellness Day 10 AM - 3 PM.** If you are caring for someone with Alzheimer’s, this free event is for you! See next column for info

**Tuesday, June 19th and Tuesday July 3rd ONEgeneration Caregiver Support Group 3-4:30 PM** Call Denise Kee-White, LCSW 818.708.6376 for more information. Groups held at the ONEgeneration JOY Center 17400 Victory Blvd, Van Nuys, 91406

**Tuesday, August 14th, 21st & 28th Savvy Caregiver Express Workshop** FREE classes that help you understand Alzheimer’s and Dementia, learn what to do when daily tasks become too challenging, and identify techniques to reduce caregiver stress. To register, please call 818.705.2345. Workshop held at OSEC-ONEgeneration Senior Enrichment Center 18255 Victory Blvd, Reseda, 91335

## Caregiver Wellness Day

**Friday June 22, 2018**

**10 am - 3 pm.**

**Zev Yaroslavsky Family Support Center Van Nuys**

**If you are caring for someone with Alzheimer’s, this free event is for you! Alzheimer’s Greater Los Angeles invites you to a day of rest, relaxation, and inspiration. Continental breakfast and lunch are included with registration. A limited number of scholarships for respite care for your loved one are available. To sign up, or for additional information, contact Monique Castillo 818.830.4835 mcastillo@alzgla.org**

