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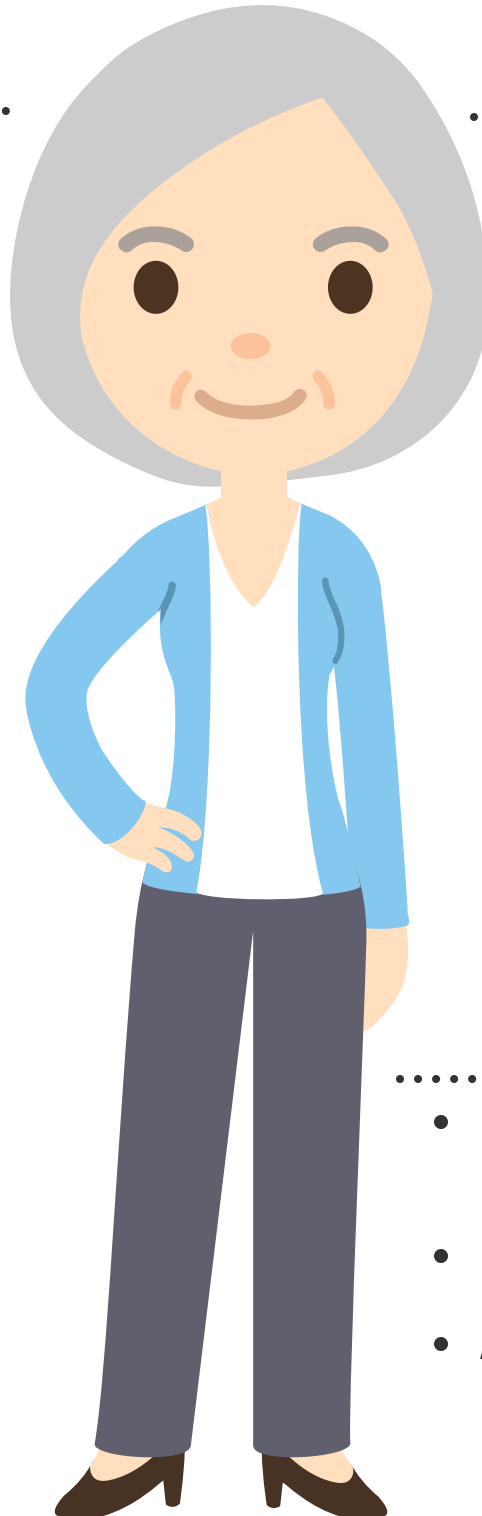
ALZHEIMER'S

CAREGIVING SAFETY TIPS

1

BATHING

- Never leave a confused or frail person alone in the tub or shower.
- Always check the water temperature before they get in the tub or shower.
- Use a hand-held shower-head.
- Use a rubber bath mat and safety bars in the tub.
- Use a sturdy shower chair to support a person who is unsteady and to prevent falls.
- Put a towel over the person's shoulders or lap. This helps them feel less exposed. Then use a sponge or washcloth to clean under the towel.
- Distract the person by talking about something else if he or she becomes upset.
- Give the person a washcloth to hold. This makes it less likely that he or she will try to hit you.
- Prevent rashes or infections by patting the person's skin with a towel.



DRESSING

2

- Lay out clothes in the order the person should put them on.
- Hand the person one thing at a time, or give step-by-step dressing instructions.
- Buy three or four sets of the same clothes if the person wants to wear the same clothing every day.
- Buy loose-fitting clothing, such as sports bras, cotton socks and underwear, sweat pants with elastic waistbands.

Mouth Care

3

- Show how to brush his or her teeth. Let the person do as much as possible.
- Brush your teeth at the same time..
- Ask the person to rinse his or her mouth with water after each meal and use mouthwash once a day.