

BATHING HELP FOR DEMENTIA CAREGIVERS

Bathing can become difficult for many people living with dementia. What looks like “refusal” is often fear, confusion, discomfort, or feeling overwhelmed.

This guide can help make bathing feel safer and less stressful for both of you.

Why Bathing May Be Hard

- ☐ Fear of water or the shower
- ☐ Feeling cold or uncomfortable
- ☐ Embarrassment or modesty
- ☐ Trouble understanding what is happening
- ☐ Feeling rushed or overwhelmed
- ☐ Bad past experiences with bathing

Simple Bathing Tips

- Stay calm and speak gently
- Explain one step at a time
- Warm the room first
- Have supplies ready before starting
- Cover them with a towel or blanket as much as possible
- Offer choices when you can
- Use a sponge bath or warm washcloth bath if needed

Things That May Help

- ☐ Soft music
- ☐ Favorite soap or scent
- ☐ Bathing at a different time of day
- ☐ Fewer steps
- ☐ Shorter bathing routine
- ☐ More privacy and reassurance

Caregiver Tip:

The goal is not always a perfect bath.

Sometimes a calm, partial cleanup is a better success than a full bath that causes fear or distress.

Want more dementia caregiving help and support?

Visit AlzheimersInYourHome.com for practical caregiver tools, articles, and guidance.

Want to better understand why these challenges happen?

[Explore the Understanding Dementia Course here](https://AlzheimersInYourHome.com)