

# ASSISTING A PERSON TO SHOWER

## WHAT TO CONSIDER BEFORE ASSISTING A PERSON TO SHOWER

- ✔ Consult the person's care plan
- ✔ Familiarise yourself with the person's preferences and history
- ✔ Always uphold the person's privacy and dignity
- ✔ Promote independence
- ✔ Ensure effective communication
- ✔ Always introduce yourself
- ✔ Address the person by their preferred name

