

Quick Reference Guide

Assisting a Person to Shower

Showering provides the perfect opportunity to regularly assess someone's physical, cognitive and emotional health.

<p>Are there changes to skin colour and condition?</p>	<ul style="list-style-type: none"> • Dry skin • Inflammation • Check abnormalities
<p>Any signs of pain?</p>	<ul style="list-style-type: none"> • New or existing pain should be reported or treated
<p>How do they move or position themselves?</p>	<ul style="list-style-type: none"> • Has their ability to ambulate or self-care changed?
<p>Has their breathing changed?</p>	<ul style="list-style-type: none"> • Does the person experience shortness of breath on exertion? Is this a new development?
<p>Is their hearing, sight, or sensitivity to touch deteriorating?</p>	<ul style="list-style-type: none"> • As you interact with the person, do you notice any change in their ability to hear you or see their belongings? Are they able to hold or grasp objects?
<p>Has their ability to speak changed?</p>	<ul style="list-style-type: none"> • Ageing may cause tissue, muscular and glandular changes to vocal mechanisms and these will vary from person to person. • Sensory, cognitive and neurological factors may also play a part in changes to speech production. • Be aware of communication changes and report any concerns to your supervisor.
<p>Mental Status</p>	<ul style="list-style-type: none"> • Are there any changes to the person's: <ul style="list-style-type: none"> ○ Mood ○ Anxiety levels ○ Orientation

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DISCLAIMER:

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