 **A Plan For Senior Care’s Guide**

 **To Grooming and Hygiene**

Caring for your senior loved one can be a challenging task. Whether it be preparing meals, escorting to a doctor’s appointment or taking care of finances, one of the most important aspects of care is personal grooming and hygiene. Use our helpful tips to make your seniors personal care easier.

**BATHING:**

* Staying calm when bath time arises is imperative. When you are calm, it is contagious! Allowing your senior to relax while bathing, makes it easier for everyone
* Increase the room temperature to warm the air. Cooler air can be startling to a senior
* Be prepared with all items such as liquid soap, shampoo, washcloth, towel and clean clothes before you get started
* Test the water temperature to ensure it is not too hot or cold. Using a handheld shower head is helpful for rinsing. It can be helpful to start at the feet and work your way up
* For the safety of your senior loved one, ensure that an anti-slip mat or stickers are on the shower/tub floor. Using a stool or bench can be more comforting
* If bathing your senior becomes too difficult of a task, consider hiring a home care agency for assistance. They have trained professionals on staff specifically for this care

**HAIR CARE:**

* Use gentle hair products such as baby shampoo or a dry shampoo and leave in conditioner, one to two times per week.

**DENTAL:**

* Schedule regular dental check-ups. If needed use a house call dentist or hygienist
* Dentures should be checked on a regular basis for proper fit
* If the ability to use a regular toothbrush diminishes, consider switching to an electric device

**HAND AND FOOT CARE:**

* Regular manicures and pedicures are relaxing and helpful for hygiene
* Schedule regular visits to a podiatrist for foot care. The doctor can also cut the toenails.

**EAR CARE:**

* Visit an Ear, Nose and Throat specialist to ensure clean ears and wax removal if necessary

**Keep smiling to keep a positive environment. Do not have expectations that all grooming can be done all at one time or to perfection. Every bit of grooming makes a difference to help your senior feel better!**

***If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. A Plan For Senior Care will be happy to create a personalized care plan for your loved one.***

[**www.APlanForSeniorCare.com**](http://www.APlanForSeniorCare.com) **Call Us Today (866) 657-0026 info@aplanforseniorcare.com**