



Bathing, Dressing & Making an Occupied Bed

To bathe your loved one in bed, you will first need to gather the necessary supplies. You will need a basin, at least two washcloths, several towels, the preferred soap, and any lotion that the patient may desire or need.

- Fill the basin with warm water. Ensure that the water is not too hot and that the room is warm.
- Wash your hands and put on gloves.
- You will want to undress your loved one and assist them onto their back if they are able to tolerate that position.
- Cover your loved one as you are undressing them to provide privacy and maintain their dignity.
- As you are bathing your loved one, place a towel beneath the area that you are washing to keep the linens dry.
- You will wash the face first with water. Wash carefully around the eyes, going from the inner corner to the outer corner and using a clean corner of the washcloth for each eye.
- Clean behind the ears and wash the neck.
- Pat the face and the neck dry.
- Bathe the upper body and arms with soap and water.
- Rinse the arms with the washcloth, dry with a towel, and apply lotion and deodorant if it is appropriate and desired by your loved one.
- Wash, rinse, and dry the abdomen.
- Move to the lower body and wash, rinse, and dry the legs and feet with soap and water.
- After washing the feet, change water and obtain a new washcloth.
- Assist your loved one to roll onto their side and wash, rinse, and dry their back.
- Provide a back rub with lotion if it is appropriate and desired by your loved one.
- Wash the perineal and rectal area with soap and water, rinse and dry.
- Cleanse from the front to the back, using a clean section of the washcloth and towel each time.
- If your loved one requires any incontinence barrier cream, apply that and apply any incontinence briefs or undergarments that they require or prefer.
- Assist your loved one with dressing in a clean gown or clothing, assist them back into a comfortable position, cover them to comfort, and clean up your supplies.
- Don't forget to wash your hands when you have completed the bath.

When dressing a patient in bed, it may be prudent to cut a slit up the back of a shirt or nightgown to make it easier for both your loved one and yourself. If they have a limb that is dependent, you will want to place the clothing on that limb first. Have or assist your loved one to roll to one side and then the other to pull pants up and to pull the shirt down over the back, ensuring that all wrinkles are as smoothed out as they can be.

When making an occupied bed, you will first want to gather the clean linens and a laundry basket. You will need at least a fitted sheet, a cover sheet or blanket, and pillow cases. You may also need incontinence pads if your loved one requires them.

- Place the side rail up on the side your loved one is turning toward.
- Assist them onto their side, ensuring that they will not fall. Undo the fitted sheet and roll it toward them, and tuck under their body.
- Unfold the clean sheet and place it on the section of the bed that has been unmade. If using an incontinence pad, place it on top of the clean fitted sheet so that it will lie underneath your loved one's hips.
- Place the clean linens under the edge of the linens you are removing.
- Raise the side rail and gently roll your loved one toward you so that they are now lying on top of the clean sheets and pad. Warn them that they will be rolling over a "hump."
- Remove all of the old linens and place in the laundry basket.
- Unroll the clean linens and pad and pull it tightly to ensure that there are no wrinkles beneath your loved one.
- Pull the fitted sheet over the bed and assist them onto their back.
- Cover your loved one with a clean sheet and blanket.
- Don't forget to wash your hands after changing the sheets.

If you have any questions or concerns, please feel free to call the 24-hour number, 877-506-0149.