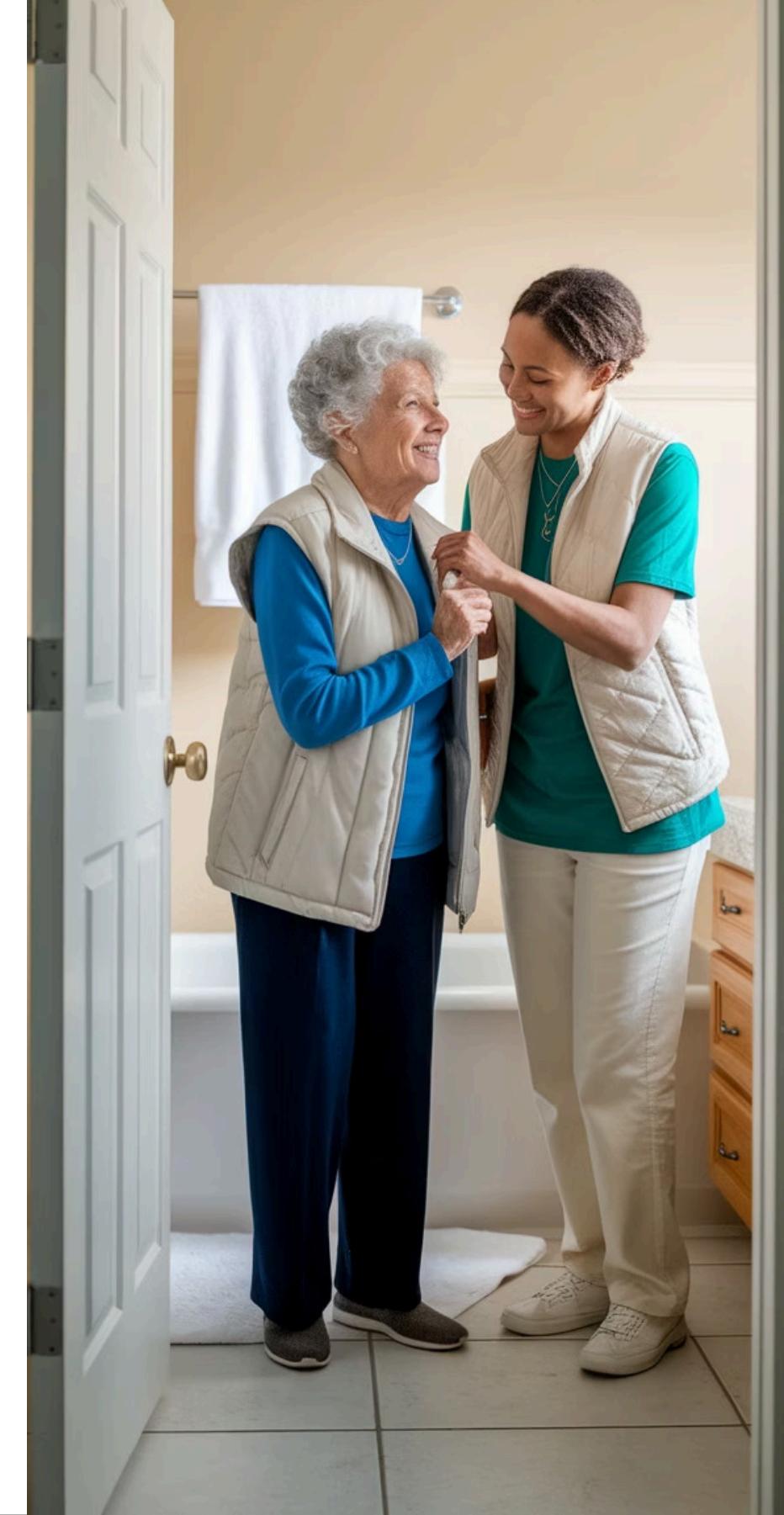




Bathing Battles & Hygiene Hesitation





When Bathing Becomes a Battle

Resistance to bathing is common — it's often about fear, confusion, or feeling exposed.

It's not defiance. It's discomfort.

Fear

Many experience anxiety around bathing due to vulnerability

Confusion

The bathing process may be overwhelming or disorienting

Exposure

Feeling exposed can trigger embarrassment and resistance



Common Reasons They Refuse



Embarrassment or modesty

Feeling vulnerable when undressed



Disorientation in water

Feeling unsafe or confused during bathing



Fear of falling

Anxiety about slipping in wet environments



Past trauma

Previous negative experiences affecting current comfort

Shift the Framing



Change Your Language

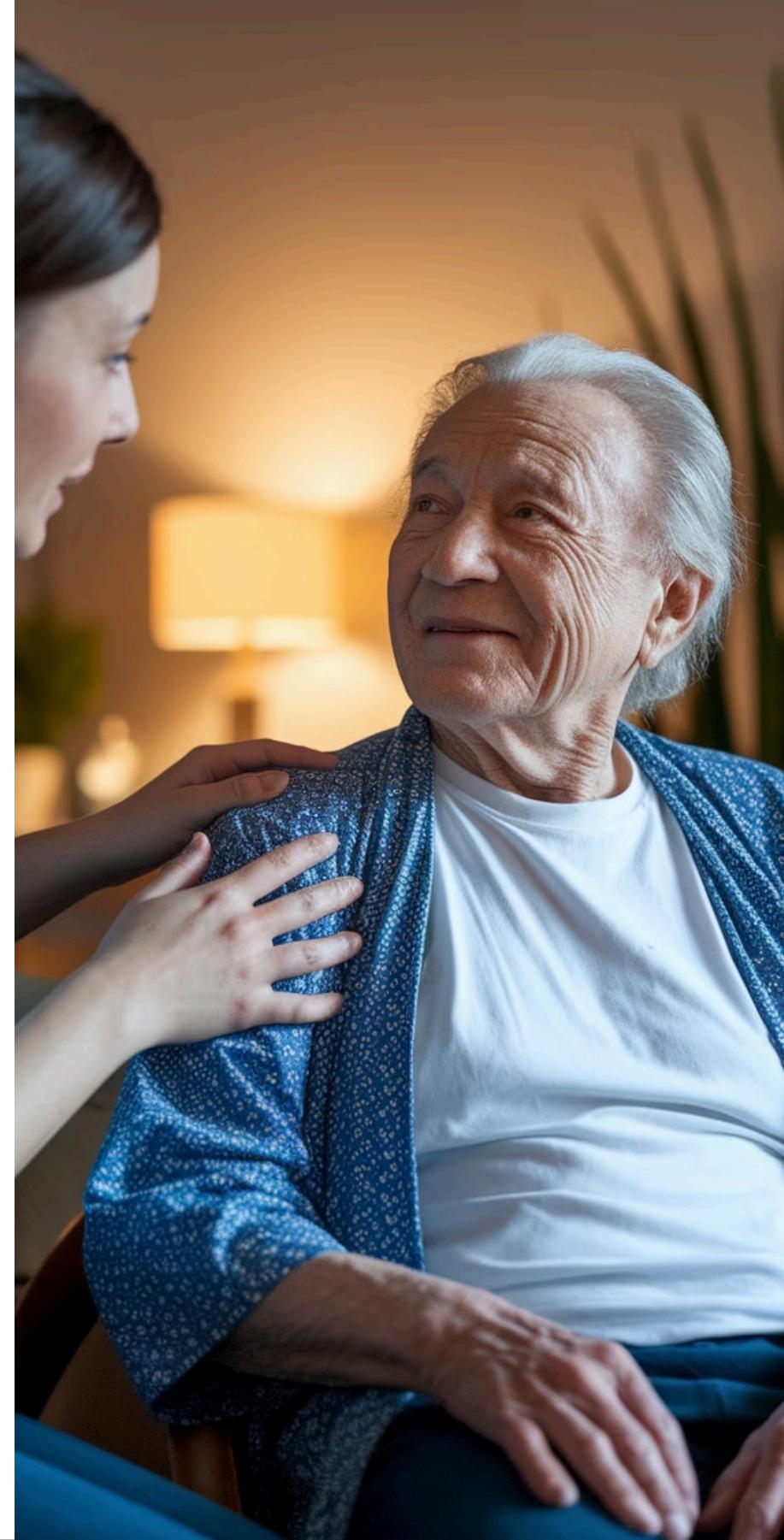
Say "Let's freshen up" instead of "It's time to shower"

Provide Options

Offer choices: "Would you like a bath or a sponge today?"

Focus on Comfort

Emphasize feeling refreshed rather than cleanliness





Make it Feel Safe

Prepare the Environment

Warm the room beforehand

Create Comfort

Use soft lighting and soothing tones

Offer Reassurance

Offer a warm towel or robe for comfort

Maintain Their Dignity

Encourage Independence

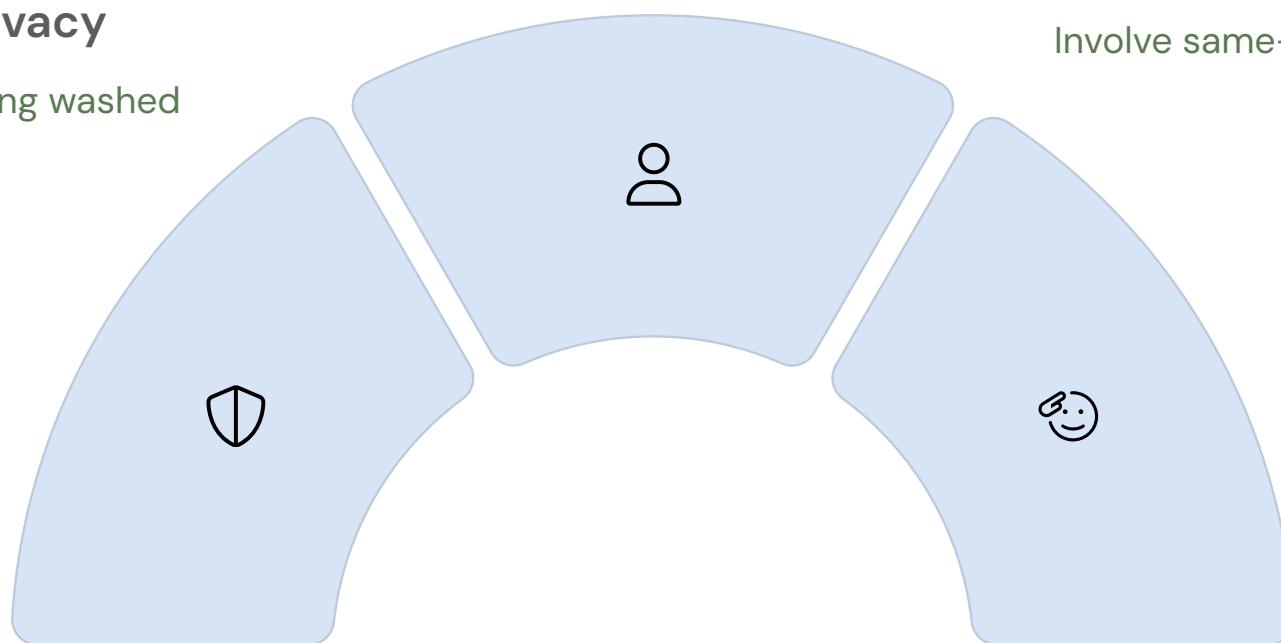
Let them wash parts they can
themselves

Preserve Privacy

Cover areas not being washed

Respect Preferences

Involve same-gender caregivers if that
helps





Turn Bathing Into Connection



Play relaxing music

Create a soothing atmosphere with gentle sounds



Use a favourite-scented soap

Familiar scents can create positive associations



**Offer praise:
"You must feel so refreshed now."**

Positive reinforcement enhances the experience

If It's Just Not Working Today...



Minimal Cleaning

Wipe face, hands, underarms with a warm cloth



Try Again Later

Try again later or the next day



Accept What Works

Clean enough is okay

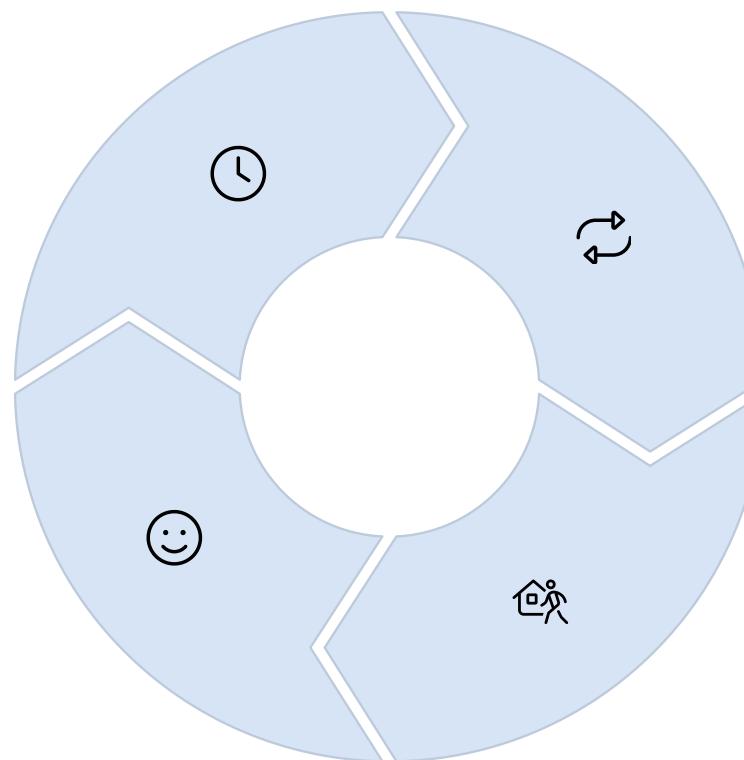
Keep Routines Gentle and Consistent

Same Time Daily

Bathing at the same time of day can build comfort

Positive Association

Build pleasant memories around hygiene routines



Consistent Process

Follow the same steps each time

Familiar Setting

Reinforce familiarity

Ask Your Navigate Dementia Support Companion



1

Safety Questions

"How can I help them
during bathing time?"

2

Refusal Strategies

"What should I do when they
refuse hygiene care?"

3

Dignity Tips

"Are there dignity-preserving
hygiene tips?"