

## Bathing a Loved One!



When a loved one loses the ability to bathe and maintain themselves, proper hygiene becomes especially important. Depending on the frailty of the individual, your level of involvement can range from offering minimal assistance to doing all tasks from washing to even towel drying. While every situation differs, there are a few recommendations that should help both you and the person feel as comfortable as possible, and allow for the bathing process to be as normal as possible.

1. Be calm when approaching the person about a bath, so you do not anger them and make them feel awkward in any way. If they oppose you, simply walk away and try later on when/or if they are relaxed.
2. Bear in mind the person's traditional bathing habits and try to adapt these "routines," so they feel as relaxed as possible.
3. Make the experience as easy as you can, by remaining composed, using a properly lighted bathroom.
4. Do not argue with the person over when they bathe, rather walk them through the process and explain to them how easy you have made it.
5. Recommend they take a bath and not a shower if they are able to get into a tub. Using a tub is less taxing on the caregiver and is much safer than a shower.
6. Properly prepare the soaps, sponges, and towels needed ahead of time so the bath progresses quickly.
7. If possible use a tub with a hand-held shower attachment that can help when washing the person.
8. If the person is self-conscious about being without clothes, wrap a towel around them when in the bath to provide a feeling of privacy.

Use liquid soaps instead of bar soaps for convenience circumstances.

## Biography



### Angeline Ng , B.Sc.Pharm, R.Ph

Angeline graduated from the University of Toronto, Leslie Dan Faculty of Pharmacy, and has always been passionate about contributing to the practice to improve patient care. In her pharmacy career she has worked in many aspects of pharmacy practice, including community retail pharmacy, corporate retail pharmacy, academia, hospital pharmacy, pharmaceutical sales and marketing, drug information, and most recently long-term care as a Clinical/Operations Pharmacist for PulseRx.

As part of the PulseRx team, she brings a fresh perspective to the organization, a strong understanding of the regulations governing pharmacy practice, and a keen awareness of the opportunities that exist as part of the expanding scope of practice, as defined by the Ministry of Health and Long Term Care. In her past experience as a Clinical Coordinator for Metro Ontario Pharmacies Limited, she has worked at multiple pharmacies across the province, and has developed and implemented numerous clinical initiatives directed at both healthcare practitioners and the general public. In addition to her clinical experience, Angeline is actively involved in advocating for the pharmacy profession and has held various positions on the Board of Directors and Pharmacy Practice Committees for the Ontario Pharmacist's Association and the Canadian Association of Chain Drug Stores. She also acts as a teaching assistant at the University of Toronto for the Pharmacy Professional Practice courses.

Angeline is excited to be a part of the PulseRx team and is looking forward to working with all of the staff and residents at her facilities, to help improve efficiencies, enhance safety and contribute to providing the best possible care for residents.

# IS IT TIME TO TURN IN THE CAR KEYS?



Illness, some medications, poor depth perception, slow reflexes, disorientation are but a few of the reasons for giving up a drivers' licence.

Taking the keys away from parents is one of the greatest challenges for adult children but necessary for their parents' safety and that of other drivers and pedestrians.

You will need to discuss the situation with your parent in a neutral environment – perhaps over coffee. Be patient with them, realizing that they are losing much of their independence and control. This may stir up anger, resentment, sadness and even depression. On the other hand, it could also be a relief!

Compare the cost of owning and maintaining a car with the cost of alternative transportation. Make a list of alternatives and contact numbers:

- Family and friends
- Volunteers from your parents place of worship
- Public Transportation – subway, streetcar, bus
- Regular or Wheelchair Taxi
- Mobility Transit – takes 4-6 weeks for application process
- Volunteer drivers from local seniors' organizations
- Home Care companies provide accompanied transportation

Some of these numbers will be available from your local Community Care Access Centre (CCAC).

If you have concerns that the discussion may upset your parent, have another family member, a close friend, clergy, police officer or other trusted person present. If further convincing is necessary, make an appointment with the family doctor. A geriatric assessment and driving assessment could also be arranged.

A last word--remember that strained relations are better than being responsible for someone's injury or death!

## *World Alzheimer's Day*

The theme for World Alzheimer's Day™ 2011 is 'Faces of dementia'

**Alzheimer Society**

In our materials and activities ADI and Alzheimer associations across the world will focus on the many issues surrounding the 'Faces of dementia'. They will be asking if you recognise the face of dementia while paying tribute to those who represent the 'Faces of dementia' in all parts of the world and working tirelessly to promote increased support and care for people with dementia and their carers.

Every year on 21 September Alzheimer associations across the globe unite to recognise World Alzheimer's Day and 2011 will be no exception with events taking place internationally. We are confident that the large numbers of people involved and the media coverage these events will gain can make a real difference for people with dementia, their families and carers worldwide.

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111 Zenway Blvd., Suite #3, Woodbridge, ON L4H 3H9  
Phone 905 856 1250 • Fax 905 856 2316  
Toll Free 877 785 8511 • www.pulserx.ca

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