

Step-by-Step: Giving an Adult a Bath

Giving an Adult a Bath.

Begin by gathering your supplies: a large basin, several washcloths and towels, a water-resistant pad, a bath sheet or extra-large towel, mild soap, lotion, and disposable gloves (if needed).

Remove the top bed linens, cover the person with the bath sheet, and help them to get undressed. Then, while bending at the knees, help them roll onto their side. Make sure they are not too close to the other edge of the bed.

Next, unroll a water-resistant pad up to the person's back. Place a large towel over the pad to keep them warm and comfortable.

Help the person roll backwards onto the towel. Finish unrolling the water-resistant pad. Then place a towel under the person's head.

Fill the basin two-thirds full at the sink with comfortably warm water.

Wash your hands with soap and water for at least 20 seconds.

Put on the disposable gloves if the person being bathed has any wounds or is visibly soiled.

Dip a washcloth in the warm water and wring it out.

Wash the eyelids starting from the inside and moving outward. Use a different part of the cloth to wash the second eyelid.

Dip and wring out the washcloth again. Apply mild soap to the cloth.

Wash the face, starting at the forehead and moving down to the chin. Wash behind the ears and wash the neck.

Dip and wring out the washcloth again. Wipe down the face and neck again to remove any soap residue.

Gently pat each area dry. Dry in-between any creases thoroughly.

To bathe the rest of the body, use the same order of washing with soapy water, rinsing clean, and patting dry. If the washcloth ever becomes visibly soiled, change it out for a clean one.

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Place a dry towel across the person's chest for warmth and privacy. Turn down the bath sheet, keeping the abdomen covered.

Start with the hands and wrists, then move up the arms to the shoulders to stimulate circulation. Bathe the armpits, chest, and under the breasts.

Dry in-between any creases thoroughly.

Keeping the chest area covered, place another towel over the abdomen and groin area. Fold back the bath sheet, keeping the legs covered. Bathe the abdomen, navel, and groin area. Dry in-between any creases thoroughly.

Replace the bath sheet over the torso and fold up the bottom to uncover the legs.

Keeping one side covered with a towel, bathe the leg, starting at the ankle and moving upward to stimulate circulation. Repeat on the other side.

Bathe the feet and dry thoroughly between the toes.

Pour out the used water and refill the basin with clean warm water from the sink.

Re-cover the person with the bath sheet and, bending at the knees, help them turn onto their side.

Cover the person's back with a dry towel. Pull the bath sheet down, keeping their legs covered.

Starting from the back of the neck and moving down to the buttocks, use fresh washcloths to bathe the back and anal area.

Pat dry, taking care to dry thoroughly in-between any creases.

Remove any damp towels or bed sheets and the water-resistant pad. Then cover the person with clean, dry bed sheets.