

How to wash a person

WARNING TO HEALTH PROFESSIONALS

The attached resource teaches families how to provide personal care to a person being cared for at home at the end of their life.

Cultural protocols, gender protocols and roles and responsibilities vary widely within and between Aboriginal and Torres Strait Islander communities and families.

Asking the family and those involved in decision making is the best way to find out about cultural and gender protocols and roles and responsibilities so that you know the most appropriate way forward. You should always consider and discuss the appropriateness of your own role and gender in teaching families how to provide personal care.

REMEMBER

- Acknowledge the care the family are already providing
- Ask the family what they need
- Support the family with additional education resources to continue to provide care in the way they have been
- Take relevant disposable items with you, if possible

 **PLEASE REMOVE THIS PAGE BEFORE GIVING THE STEP-BY-STEP GUIDE TO FAMILIES**

How to wash a person

- 🛠️ If it is not right for you to do the washing, you can ask someone to help.
- 🛠️ If you do not have all the things, just do the best you can.
- 🛠️ Your local clinic may be able to give you some things.

1

Things to help you:



Extra things:

- Body lotion
- Hairbrush
- Comb
- Dry shampoo



2

Wash, rinse and dry the face, ears and neck

- ★ Keep the person warm by covering them
- ★ Use a towel to maintain the person's dignity



3

Wash, rinse and dry arms, armpits and hands



4

Wash, rinse and dry chest and tummy



5

Wash, rinse and dry legs and feet



6

Lift one leg and wash, rinse and dry groin and pubic area

- ★ Wipe from front to back
- ★ Use disposable wipes first if needed to clean up any mess



7

Lift and bend the leg and roll person onto their side

★ If you do not have someone to help you, make sure you have one side of the bed against the wall or use a pillow to stop the person rolling



8

Wash, rinse and dry back



9

Wash, rinse and dry bottom



10

Apply moisturiser to body as needed

★ If you see any wounds or red marks on the person's skin, contact the nurse



11

Dress the person and make them comfortable



12

Clean and comb hair



Need help? Ring the clinic. 📞

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