

How to change a pad

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 change a pad

- 🔄 If it is not right for you to change the pad, you can ask someone else 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:

- Gloves

2

Undo dirty pad and roll it down

- ★ Use gloves if you have them
- ★ Use a towel to maintain the person's dignity



3

Use wipes to clean groin and pubic area

- ★ Wipe from front to back
- ★ Pay attention to skin folds

Place used wipes in rubbish bag



4

Lift and bend the leg and roll person onto their side



5

Place towel under dirty pad



6

Clean the person's bottom with wipes



7

Put used wipes in the pad, roll it up and place in rubbish bag



8

Remove towel

★ Remove gloves if you used them and place in rubbish bag



9

Put on a new pad



10

Wash your hands



Need help? Ring the clinic. 📱

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