

We use a SPA approach to create a pleasurable bathing experience:



S = Supportive – care teams are given the resources they need to provide a pleasurable bathing experience

P = Person-centred – hygiene is individualized for each person's needs and preferences

A = Approach – maintains the respect and dignity of each person

Creating a Pleasurable Bathing Experience:

Information for Residents and Family



Residential Care and Assisted Living Program



Creating a pleasurable bathing experience

We meet each person's hygiene needs in a way that shows them respect and dignity.

We achieve this by:

- ❖ Using individualized bathing plans
- ❖ Assessing the person's emotional and physical comfort
- ❖ Giving the person control and choice whenever possible
- ❖ Respecting privacy
- ❖ Using creative strategies to meet individual needs
- ❖ Partnering with families who wish to be involved in the bathing care plan and provision of care

Personal care, including washing and bathing, can be a source of anxiety for some people. Common fears include deep bath water, overhead showers and feeling self-conscious about being undressed in other people's presence.

Our caregivers will work with you to reduce these fears and enhance the bathing experience. We welcome your input and involvement.



If you have any suggestions, concerns or questions, please contact:

Resident Care
Coordinator: _____

Social Worker: _____