

Showering or Bathing Routine

Use your personal support plan when help is needed.

Name: _____ Date: _____

1



Get supplies ready

Set out soap, shampoo, a washcloth, towel, and clean clothes.

2



Check the water

Use warm water. Make sure it is not too hot.

3



Wash your body and hair

Use soap. Wash underarms, private areas, feet, and skin folds.

4



Rinse well

Rinse away all soap and shampoo.

5



Dry and get dressed

Dry your whole body and put on clean clothes.