

Quiz

How to make bathing easier

Learning objectives:

1. To understand why elders with Alzheimer's may have problems with bathing.
2. To Learn a few simple techniques that can significantly reduce problem behaviors during bathing.
3. To understand the importance, and procedures, for providing your elders with a good social experience during bathing and grooming.
4. To understand the importance to your elders of good grooming.

1. **True, ___ False.** ___ CMS guidelines require that caregivers give their elders their preferred choice of bath, whenever possible.
2. **True, ___ False.** ___ CMS Psychosocial Guidelines require that you treat your Alzheimer's elders like anyone would expect to be treated in similar circumstances.
3. **What are some things that are known to trigger aggression in elders during bathing?** (Check all that apply.)
 - a. ___ touching them without permission
 - b. ___ rushing them
 - c. ___ using inappropriate language
 - d. ___ spraying water without warning
4. **True, — False.—** In general, you should hurry your elders through bathing and grooming as fast as possible, in order to keep opportunities for aggression to a minimum.
5. **True, — False.—** Towel and bed baths have been shown to reduce aggression in research studies.
6. **True, — False.** ___ When dealing with an aggressive elder, the best course of action is to directly confront them with a loud voice, in order to get their undivided attention as quickly as possible.
7. **True, — False.** ----- You should not scrub their skin harshly, as this can cause serious dam- age.
8. **True, ___ False.** ___ It's a good idea to explain to them ahead of time what you'll be doing during their bathing experience.
9. **True, ___ False.** ___ You should not let your elders help with their bath, as that can cause severe frustration, which can result in episodes of aggression.
10. **True, ___ False.** ___ Bathing and grooming should be pleasant, social experiences for your elders, and not tasks to rush through.

Name _____ Date _____ Score _____