SAMPLE LESSON / DAILY LIVING SKILLS

# Bathing & Daily Personal Care

Professional caregiver learning sample. Full course, credentials and enrollment are not yet available.

## LEARNING OUTCOME

Plan a respectful personal-care approach that protects consent, comfort, dignity and safety.

## PREPARE BEFORE APPROACHING

Confirm care plan, room temperature, towels, safety equipment and privacy. Explain before each step; do not surprise the person.

## GIVE MEANINGFUL CONTROL

Offer choices such as wash now or in a little while, where feasible. Support whatever steps the person can do independently.

## RESPOND TO REFUSAL SAFELY

Pause. Look for pain, fear, temperature discomfort or modesty concerns. Follow agency escalation policies for missed essential care and new changes.

## TEACH-BACK QUESTION

How could you explain the first step to a new caregiver without reading from this page?

### ROLE AND SAFETY BOUNDARY

Follow the individual care plan, agency policies, and applicable state/payer rules. Seek supervisory or clinical guidance for new symptoms, pain, injury, or immediate safety concerns.

SCENARIO / PRACTICE / COMPETENCY

# Bathing & Daily Personal Care

Instructor or supervisor uses this sample for role play and observation.

## SCENARIO

During bath preparation a person folds their arms and says "No!" The caregiver is behind schedule and reaches for the person's sleeve.

## PRACTICE THE RESPONSE

1. Stop reaching and step back.
2. Ask permission and offer one lower-demand choice.
3. Describe how and when you report a repeated or safety-relevant refusal.

## OBSERVED COMPETENCY / COACHING

- [ ] Stops when consent is withdrawn
- [ ] Protects privacy and basic safety
- [ ] Reports according to agency policy

### INSTRUCTOR FEEDBACK

Observed strengths: _____

Practice again / next coaching step: _____