# Caring for Residents with Dignity and Respect

Make sure that privacy, pulling the drapes and covering them when you're

giving them a bath and keeping it warm.

The following is an example of the steps you should take to protect a resident’s privacy and dignity while providing personal care. These steps can be used for caregiving activities such as bathing or perineal care.

Step 1: Draw the curtain or close the door before you begin the procedure.

Step 2: Explain to the resident what you're going to do.

Step 3: If the resident is able, then instruct him or her on how to assist you.

Step 4: Cover the resident with a sheet or towel so that he or she is not exposed any more than necessary.

Step 5: Perform the task gently and in such a way that it is sensitive to the residents mental and physical condition.

Because many residents are frail and elderly, it is extremely important that you handle them gently. Not being gentle may result in injuries such as skin tears bruises bone fractures or falls.

They’re gentle. They don't flip you and drop you. They're very carefully with you, and I think that I've been able to escape broken bones and everything just because of the fact that they are gentle.

The gentleness the patients require, huge amounts of gentleness you have to be gentle and touching them. if you're abrupt or rough, they know it right off and that puts them kind of on the edge. They don't want you touching them if you're being rough so if you're not gentle, then they can't relax and let you do what you need to do.

When providing care, you should take your time and treat residents gently. If you rush, you could cause an accident or injury.

I mean slow down. the slower the better for them. A quick motion around them usually upsets them. If you just take your time and deliberately say well this is what I'm going to do, I need you to do this, I need you to bend over, I need you to turn, and then you know slow down and you do that then they're very pleased with that. when you rush around the patient and usually makes them agitated, it makes them like it frustrates them, tires them out even because it makes them feel like you don't have time for them.

How you talk is very important and you have to be calm and gentle. I speak calmly and I give them this big smile.

For many residents the inability to fully care for themselves can cause them to become depressed and feel isolated. Showing compassion and understanding toward them can ease the difficulties they may be experiencing. Before you begin caregiving, greet them with warmth and respect.

What I usually do is go in a room and speak to them let them know that it's time to get up and

stir around you know get the feel of the day and if they're you know pretty joyous, I'll start a conversation with them. if I know they like music I might even have them sing to me sometimes I end up singing to them.

If you knock on the door and wait a while you know because they might not be covered up or whatever and then you come in and you come in with a smile and you say good morning and say I'm here to do whatever. If they want you to help them with their teeth or a bath, let them know that you're going to be there to help them.