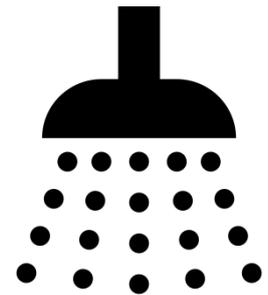


## Personal Care

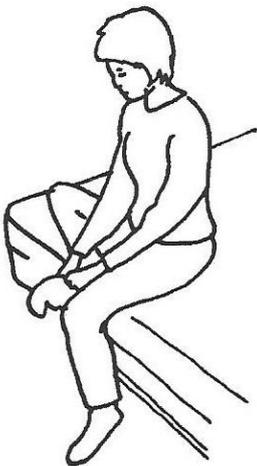
### Washing/Bathing/Showering

1. Gather everything you need before you start.
2. Whether you bath or shower, use a bathmat to avoid slipping and a non-slip mat outside the bath/shower.
3. Consider rails and other equipment to help. Ask your Occupational Therapist for advice or check out the further information below.
4. Use a long handled sponge to reach your feet/back.
5. Have a shelf in the shower or beside the bath with everything you need.
6. Use a towelling bathrobe to reduce the effort in drying and to dry your back if that is difficult.
7. Sit with your feet wrapped in a towel to dry them rather than reaching down.
8. Use the toilet or a stool to sit on to have a wash.



### Dressing/undressing

1. Get everything ready before hand and allow yourself plenty of time; rushing will increase stress and therefore increase pain.
2. Sit on the bed or with feet on a low stool to help reach your feet.
3. Wear loose, manageable clothes and slip-on shoes or use elastic laces or lace locks.
4. Equipment such as a long handled shoe horn, helping hand and sock aid can all be useful. Talk to your Occupational Therapist or see the links below.
5. If one arm or leg is more painful/stiff then put this one into your sleeve/trousers first, and when getting undressed remove the painful limb last.



## **Hair care**

1. Use a long handled hairbrush.
2. Buy a lightweight hairdryer.
3. Use a stand for the hairdryer, or prop your arm on a surface while sitting or standing to support the weight of the hairdryer.
4. Have a hairstyle that is easy to manage.

## **Further information**

**For ideas of equipment and tips:**

**[www.livingmadeeasy.org.uk](http://www.livingmadeeasy.org.uk)**

Lots of ideas and tips for all aspects of daily life with equipment suggestions.

**[www.askSARA.org.uk](http://www.askSARA.org.uk)**

Answer a few questions about the difficulties you are having and receive a tailored report with suggestions.