**Prescription for Difficulty with Personal Hygiene**

Specific Behavior:

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Overall Goal of this Prescription:

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Please remember that dealing with challenging behaviors can be stressful. The brief relaxation strategies will help you deal with stress when dealing with this challenge. In particular, we recommend using the signal breath technique immediately before you use the strategies suggested in this behavioral prescription.

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Strategies for preventing a challenge from occurring (try picking one thing and sticking with it for a few weeks):

1. Remove objects in the bathroom that are not used on a daily basis.
2. Use products that are familiar to your loved one. Keep replacements on hand.
3. Adjust the hot water heater to no higher than 120 degrees to avoid burns.
4. Use adequate lighting.
5. Put grooming items out in the sequence they will be used.

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Other strategies:

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This material is adapted from REACH II
Strategies for guiding how you respond during or after a behavior occurs:

1. **Tell** your loved one, “It’s time to . . .” Do not ask as this will give him/her the opportunity to say NO. Only offer 1 or 2 options at a time, if you must.
2. Walk arm-in-arm with your family member to the bathroom instead of pushing or pulling.
3. Allow your loved one to sit in a chair or on the toilet seat.
4. Do not talk to your loved one if he/she needs to concentrate on grooming tasks.
5. Engage in grooming/hygiene tasks at the same time every day.
6. Provide physical assistance with all electrical appliances.
7. Use short, one step directions.
8. Allow adequate time for grooming/hygiene so your loved one does not feel rushed. Provide praise and encouragement such as, “You look so clean and nice. Let’s go for a walk and show you off.”

Other strategies:

**General Information:**

You are a dedicated caregiver and you are doing a great job. We understand that this can be very upsetting to you and are committed to helping you with this challenge. We believe these strategies will help and look forward to working with you in the coming weeks.

Please contact your Interventionist ________________ if you have any questions or concerns.