

## **Elderly Care Series**

### **Personal Hygiene**

The film is co-produced by the Department of Health and the Social Welfare Department as reference material for the Training Scheme for Foreign Domestic Helpers in Elderly Care.

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Mrs Chan and Annie are doing basic exercises at home

It feels good to sweat a bit!

I'm feeling more energetic now

but I am sweaty

Let me take a shower

Alright

Sir has bought you a shower chair

I have already put it in the bathroom

My son is so thoughtful

Yes

When we moved in, Sir reminded me the importance of maintaining a safe environment of the bathroom

When taking a bath or using the bathroom, make sure the bathroom is well-ventilated

ensure there is adequate lighting in the bathroom

Keep the floor dry

Sit on the shower chair when taking a bath

to avoid falling

handrails are also installed

for you to get up after shower

Remember not to use the towel rack as handrail

My son is really thoughtful

I will take a hot shower first

Remember the optimal water temperature is between 37°C to 41°C during shower

If it is too hot, you may get scalded

Remember to sit down when taking off and putting on trousers

It is easy for you to fall if you lose balance

Alright. I get it

Madam, Mrs Cheung is here

Okay

Mrs Cheung visited Mrs Chan at home. They are drinking tea.

Mrs Cheung, here you are

Hello

Let us have tea

Mrs Chan, how are you adapting to your new environment here?

Quite good. It is quite comfortable here

How is Mr Cheung?

He is recently diagnosed with dementia  
and starts to develop incontinence

I do not know how to take care of him

Annie, you joined the Training Scheme for Foreign Domestic Helpers in Elderly Care with  
Mary earlier

Is there anything useful to help Mr Cheung?

Yes, the instructor taught us how to assist elderly persons with dementia using toilet

Elderly persons with dementia have difficulty in communicating with others and taking care  
of themselves

they may face a lot of problems in daily living

For example: using toilet

The screen shows that Mr Cheung cannot find the toilet. The doors are similar.

They may not be able to locate the bathroom

They may not realise their toileting needs

They may not be able to hold the bladder which leads to incontinence

They may want to urinate, but do not know how to respond to it

They may forget the steps of using the toilet

The screen shows that Mr Cheung refuses help from his wife

Also, they may refuse help from others due to embarrassment

We must first understand their current capability

Give them guidance when appropriate

Let them do things that they can still manage

Observe their toileting patterns

Predict their toileting needs

and help them develop a regular toileting schedule

The screen shows that Mr Cheung finished eating breakfast. Mary prompts Mr Cheung to go  
to toilet with a paper roll

For example, remind them to use the toilet after breakfast

or to go to the toilet regularly every two hours

We can also use more environmental cues

such as putting up signage for the toilet

and removing things that will cause confusion along the path

such as water buckets and flower pots

using a bright-coloured toilet bowl

to indicate the position of the toilet clearly

As for clothing, it is recommended to choose simple, easy-to-wear clothes

such as trousers with elastic waistband

Use velcro instead of buttons

and avoid clothes with zippers and belts

We can also encourage the elderly persons to express their toilet needs in short sentences or simple words

The screen shows that Mr Cheung soiled his pants. Mary is helping him patiently.

We need to stay calm and assist them patiently

Give them adequate time

Do not rush them

and respect their privacy

Even if their clothes are soiled due to incontinence

Do not blame or insult them

avoid hurting their dignity

or increasing their stress for toileting

If the carers suspect that certain physical conditions are causing incontinence of the elderly persons

they should consult a doctor as soon as possible

There are other videos in elderly care on the websites of the Department of Health and the Social Welfare Department

Mrs Cheung, you and Mary can also read the handouts booklets or watch the videos online when you have time

Thank you Annie

#### Disclaimer

The skills in personal hygiene demonstrated in this film serve as general reference and are for educational purposes. They may not be applicable to all elderly persons under every situation. Please consult health care professionals in case of doubt over the applicability of the skills under specific situations.

Department of Health Elderly Health Service Website  
[www.elderly.gov.hk](http://www.elderly.gov.hk)

Social Welfare Department  
Training Scheme for Foreign Domestic Helpers in Elderly Care  
[www.swd.gov.hk/en/index/site\\_pubsvc/page\\_elderly/sub\\_psfdh/](http://www.swd.gov.hk/en/index/site_pubsvc/page_elderly/sub_psfdh/)