

DEMENTIA IN LONG-TERM CARE GROOMING TIP SHEET

Maintain the resident's established routine, such as brushing their teeth at night as opposed to in the morning.

2. Encourage their participation in the grooming process and complement the resident on their efforts.
3. Use safe grooming tools, such as an electric razor, if an effort to cut down on accidents due to the resident's level of cooperation or manipulation of the grooming item.
4. Break down the grooming into small, step-by-step tasks ("Now let's put the toothpaste onto the toothbrush."). This can facilitate not only the resident's participation but also comfort with the process of completing ADL tasks.
5. Short, simple hairstyles can be easy to maintain and more likely to involve the resident in the grooming process. However, some residents may need their personal appearance to remain unchanged.
6. Having the family aide in the grooming process may also be of benefit, especially when staff members can learn more about the resident's personal preferences, such as braiding hair or using a special grooming product or device.
7. Encourage the use of facility hairdressers and barbers. This may provide an easier way to accomplish grooming tasks when familiar sights, sounds, and smells may comfort the resident enough to allow someone to shampoo their hair or shave them.
8. Maintain proper nail care to prevent injuries and illness. Nail care for women should be in line with their previous standards regarding manicuring and polishing. For diabetics, only personnel properly trained in diabetic nail care should cut their nails.
9. Make sure the resident's glasses are clean and well-fitting.
10. When doing oral care be aware of any broken or missing teeth, or sores on the gums. Dentures should be checked for fit and cleaned properly on a routine basis.
11. The gold standard in grooming is to ask the resident and their family if they are happy with the resident's appearance.

Video Links

[Function Focused Care for Assisted Living Residents Oral Care and Grooming](#) (3min38sec)

[Dementia Patients' Oral Hygiene Benefits From Researched Techniques](#) (4min27sec)

[Oral Hygiene Instruction for Caregivers](#) (20min06sec)

[Dressing and Bathing - Memory and Alzheimer's Disease](#) (6min31sec)

[Dementia Bathing Battles](#) (1min03sec)

[Showering and Transferring](#) (5min01sec)

[Practical Solutions for Dementia Caregivers – Refusing to Bathe](#) (8min17sec)

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