

Bathing & Personal Hygiene

Bathing your child can be a fun ritual filled with bathtubs full of bubbles, toys, and laughter, but it can also be a challenge. Some families may find it difficult to help their loved one with rare epilepsy perform basic tasks such as brushing teeth or washing hands. Some of our loved ones may not have the motor function to perform these tasks. Each family determines their own plan to care for their loved one. There is no right or wrong—there is only what works for your family.

Please use the guide below to document your loved one's daily bathing and personal hygiene plan. (Things always seem to be changing with our loved ones; therefore, feel free to come back to this form and update anytime you feel the need.)

TIP: Bathrooms can be a dangerous place for our loved ones. Filled with hard surfaces, a fall in the bathroom can cause serious injury. Please refer to the [Safety In The Home](#) section of this C.A.R.E. Binder for safety guidance.

Check all that apply:

- ☐ My child is unable to perform any of these tasks independently
- ☐ My child can bathe and perform basic hygiene tasks independently and safely without physical assistance
- ☐ My child can bathe and perform basic hygiene tasks independently and safely without physical assistance, but requires supervision
- ☐ My child requires coaxing with one or more of these tasks:
 - ☐ My child can brush teeth independently
 - ☐ My child can brush teeth with assistance
 - ☐ My child can wash face independently
 - ☐ My child can wash face with assistance
 - ☐ My child can shave independently
 - ☐ My child needs assistance with shaving
 - ☐ My child can brush/comb hair independently
 - ☐ My child can brush/comb hair with assistance
 - ☐ My child can bathe/shower independently
 - ☐ My child can bathe/shower with assistance
 - ☐ My child can trim fingernails/toenails independently
 - ☐ My child requires assistance to trim fingernails/toenails
- ☐ My daughter has a monthly period and can attend to these needs independently
- ☐ My daughter has a monthly period and requires assistance to tend to these needs

Daily Bathing and Hygiene Routine

Use the space below to describe your loved one's bathing and hygiene routine.

Hair Cuts

Where does your loved one with rare epilepsy get their hair cut?

Provider/Company Name:

Specific Stylist (or n/a):

Phone:

Frequency:

Helpful Tips: (Include any tips that may be helpful to the person providing this care for your loved one. For example, "He can be distracted by a certain toy or snack" or "She tries to reach for the scissors so be on the lookout for that.")

Shaving (if applicable): Do you use: ☐ an electric razor ☐ shaving cream and razor

Additional Details:

Nail Trim

Who cuts the nails of your loved one with rare epilepsy?

Provider/Company name:

Specific manicurist (or n/a): Phone:

Frequency:

Helpful Tips: (Include any tips that may be helpful for the person providing this care for your loved one. For example, “Trim their nails after a seizure when they’re too tired to squirm.”)

Consider details that help these tasks go more smoothly:

How much time needs to be dedicated to these tasks? Details:

Do you physically assist your child? ☐ YES ☐ NO Details:

Does your child have a special toothbrush or other items that provide comfort? ☐ YES ☐ NO Details:

Does your child prefer: ☐ Bathtub ☐ Shower

In the shower, do they: ☐ Sit ☐ Stand If sitting, do they have a special seat they use? ☐ YES ☐ NO

Also make note of any symptoms your loved one may have related to products used for these tasks.

TIP: It’s important to perform regular skin assessments to identify any irritated spots or infected bumps. (Be sure to check for irritation from equipment like AFOs (ankle-foot orthosis)/orthotics blisters or red marks, chafing on the waist from gait belts or support harness, etc.)

Supportive Supplies Required (See the [Supply Refills](#) section of this C.A.R.E. Binder.)

- ☐ Shampoo/Conditioner:
- ☐ Helmet:
- ☐ Toothpaste:
- ☐ Other:
- ☐ Bodywash/Soap:
- ☐ Other:
- ☐ Washing utensils:
- ☐ Special toy or other item of comfort:



Additional Information: