

Taking a Shower

Steps	How much help do they need for each step?			
	Independent, No Help Needed	Verbal Prompts/Cues only	Verbal Cues and some Physical Assist	Totally Dependent on you for help
1. gather supplies needed if not in the shower & gets a towel				
2. makes sure to have rug or towel down in front of shower so do not slip				
3. turns water on to correct temperature				
4. gets undressed, puts dirty clothes in safe space				
5. transfers into the shower				
6. Gets body wet				
7. gets soap and rubs all over body (arms, chest, legs, back, private areas)				
8. rinses body clean				
9. gets hair wet				
10. rubs soap in hair, avoiding eye area				
11. uses appropriate amounts of soap in hair and on body				
12. rinses hair clean with water				
13. rubs soap on face				
14. rinse soap off face				
15. rinses off body one last time				
16. turns off the water				
17. dries body off with towel (either in the shower or out of shower) (making sure to get hair, face, chest, arms, legs, feet, and private area)				
18. transfers out of the shower				
19. gets dressed				
20. hangs up wet towel				