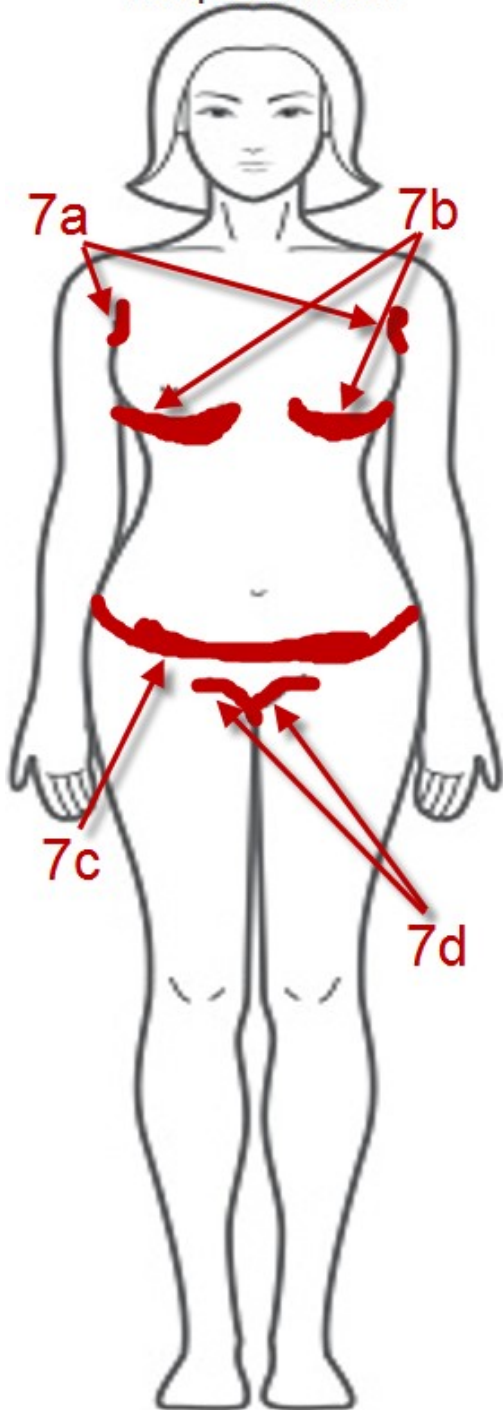


“Wash Hair”

A full shower including washing hair. Headphones come off and are swapped out with a clean pair

1) Allow her to remove headphones herself



2 washcloths

Hibicleans

2 in 1 Shampoo (no tears)

Hairbrush

2 bath towels

2 hand towels

Zeasorb powder (1/2 and 1/2

mix w/powder puff)

Fresh undies and pajamas

Clean Headphones

Note: Double check water temperature before she gets in and, once she is in, have her test the temp with her hands first and ask her, “Temperature OK?” Then get down the handheld shower and let her hold it

1) Get her get into the shower with her headphones on. Once in, ask her to take the headphones off and hand them to you. Do not try to strip them off yourself—let her do it (may take some cajoling on your part, but she will comply... eventually... be patient)

2) Ask her to “Get hair wet!” She will wet her hair and face with the handheld. Use a dry washcloth to wipe water out of her eyes

3) Pour a half-dollar sized glob of shampoo into your hand (you control the amount—and keep the bottle away from her, otherwise it is shampooalooza) and rub it into her hair all over, especially around her ears, being careful to keep it off her face

4) Use the shampoo on your hands to wash her hands, then rinse the soap off both her hands and your hands

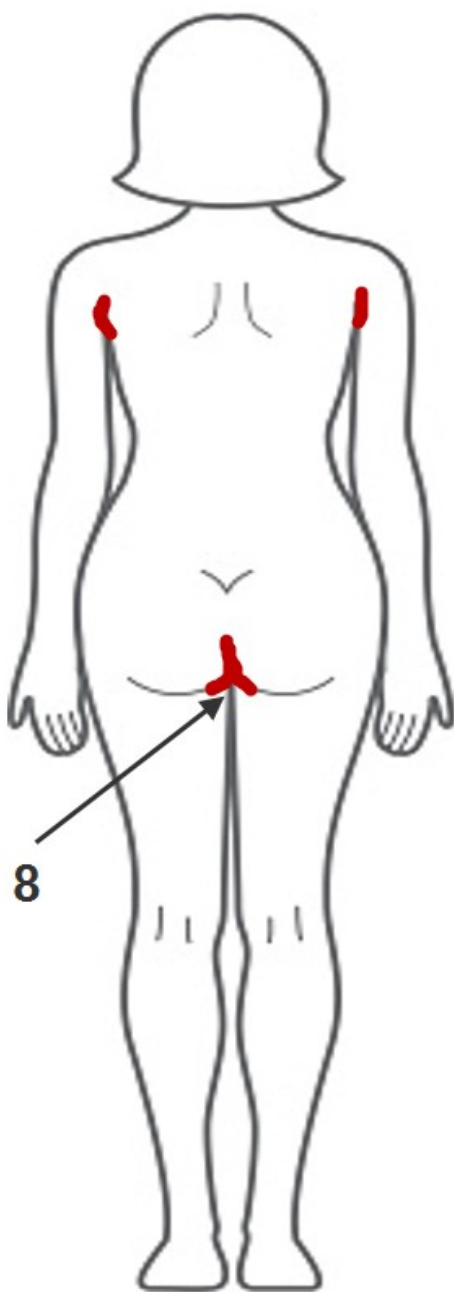
5) Give her the hairbrush, and tell her to, “Brush hair.” This serves to work the shampoo through her hair and scalp, while at the same time cleaning her brush and distracting her from your washing her body. Win win win. Remind her to brush the sides by pointing to them

6) Rinse out the washcloth used to dry her face earlier, and wash her face (no soap), paying gentle attention to the corners of her mouth especially

7) Rinse the washcloth, and then pump it full of Hibicleans. Thoroughly wash every skin fold on her body (see highlighted areas on chart). Gotta get all the way in there! She cooperates if you ask her to “Lift up!” (point to what you want lifted, but if she is brushing her hair still, don’t hesitate to lift and separate skin yourself - you really have to lift to get all the way in to the bottom of each crevasse). Start at the top and move down (adding more Hibicleans to the cloth as needed as you go):

a. underarms

b. under each breast



- c. try to get some Hibicleans in her belly button (good luck lol)
- d. abdominal fold under her belly
- e. each inner leg fold (she will help move each thigh to the side)

8) Rinse out the washcloth (it will still be red – that is OK) and add a bit more of the shampoo (I usually just swipe some bubbles from her hair). Ask her to turn around, and from behind, “wash butt.” Always do last, as there is usually fecal matter to deal with. Be sure not to push any soap or fecal matter towards the front

9) Begin the rinse process, from the hair down. Thoroughly rinse out her hair (any soap left with wreck havoc under the headphones—so if you think it is completely rinsed, rinse it one more time), using the handheld and your hands to get the back and around her ears especially

10) Use the 2nd (dry) washcloth to dry off her eyes and face

11) Rinse off her hairbrush and hand it to her. Have her brush her hair again as you continue to rinse her body (remind her to brush the sides as needed)

12) Use 2nd washcloth and the handheld shower to rinse everywhere, especially in all the skinfolds. Retrace your Hibicleans steps with the shower spray, using the washcloth to get every last bit of soap off. Lift, rinse, run the washcloth all the way into the crease, rinse again. Think you have it all off? Give it another go! Any soap left on will start skin breakdown. Rinse the “back of the butt” equally well

13) “Outta Tha Tub!” first drape a towel over her head and shoulders for warmth. Use 2nd towel to dry her legs and feet (as tolerated), abdominal folds and crotch

14) Use the 1st towel to dry hair (as tolerated) arms, underarms, under breasts and backside. Give her the brush and have her brush hair

15) Then use the 1st hand towel to re-dry under arms, under breasts, abdominal folds, leg creases and crotch

16) After completely dry, apply powder with the powder puff to underarms (no deodorant – this is in place of antiperspirant/deodorant), under each breast, and deep in the abdominal folds and leg folds. Apply generously, especially to any red or irritated looking areas. If the powder clumps, you didn’t get her dry enough!

17) Wrap the 2nd (dry) white hand towel around her neck, under her wet hair. Help her into her undies and pajamas. Offer her the clean headphones. She may not put them on right away—keep them available

18) Perform headphone maintenance so backups will be ready for next time (see “Headphone Maintenance” PDF)

18

