**BATHING AND DRESSING ROUTINE**

| STEP | PROMPT LEVEL | COMMENTS | DATE | DATE | DATE | DATE |
| --- | --- | --- | --- | --- | --- | --- |
| Take shoes off | Direct verbal | Needs reminder to do this first. |  |  |  |  |
| Take off shirt | Independent |  |  |  |  |  |
| Take off pants and underpants | Independent | Sometimes his pants will get twisted around his ankles; if he asks for help, physically assist him to finish the task. |  |  |  |  |
| Take off socks | Physical assistance | Help him hook thumb at sock cuff and pull down over heel. |  |  |  |  |
| Put dirty clothes in hamper | Indirect verbal | "Where do your dirty clothes go? |  |  |  |  |
| Ask for ear plugs |  | Support person places wax earplugs into ears to keep water out of ears |  |  |  |  |
| Walk to bathroom | Independent |  |  |  |  |  |
| Step into bathtub | Independent | May complain about water temperature; tell him you will add more water when he gets in |  |  |  |  |
| Wet hair | Direct verbal | Pours water on head with cup; Give full physical assistance with hair washing when ill |  |  |  |  |
| Squeeze shampoo into hand | Full physical assistance |  |  |  |  |  |
| STEP | PROMPT LEVEL | COMMENTS | DATE | DATE | DATE | DATE |
| Rub shampoo into hair using two hands | Direct verbal | Support person can assist him to wash hair |  |  |  |  |
| Rinse hair |  | Performed by support person |  |  |  |  |
| Wash back |  | Performed by support person |  |  |  |  |
| Wash underarms and arms | Direct verbal | May need a physical prompt if he doesn't raise his arms high enough to reach his armpits |  |  |  |  |
| Wash chest | Direct verbal |  |  |  |  |  |
| Wash genitals | Direct verbal | "Wash your bottom" |  |  |  |  |
| Wash legs | Independent |  |  |  |  |  |
| Place washcloth in soapdish | Direct verbal |  |  |  |  |  |
| Ask for curtain to be closed |  | He will play in the bathtub pouring water for about five minutes; if he starts throwing water, the water should be let out |  |  |  |  |
| Let out water | Independent |  |  |  |  |  |
| Exit tub | Independent | May need help pulling curtain back |  |  |  |  |
| Put on terry cloth wrap |  | Performed by support person |  |  |  |  |
| Dry hair with towel | Independent |  |  |  |  |  |
| Walk to room/sit down in chair | Independent |  |  |  |  |  |
| Dry arms and underarms | Direct verbal |  |  |  |  |  |
| STEP | PROMPT LEVEL | COMMENTS | DATE | DATE | DATE | DATE |
| Dry chest | Direct verbal |  |  |  |  |  |
| Dry legs | Direct verbal |  |  |  |  |  |
| Dry toes |  | Performed by support person; may need spray for athlete's foot |  |  |  |  |
| Put on underwear and sweat pants |  | Support person should put underwear and sweatpants on over his feet and bring to his knees |  |  |  |  |
| Stand, hook thumbs in waistband, and pull underwear and sweatpants up | Independent |  |  |  |  |  |
| Put on socks |  | Performed by support person |  |  |  |  |
| Get deodorant | Direct verbal | Place deodorant on floor next to chair |  |  |  |  |
| Unscrew cap | Independent |  |  |  |  |  |
| Place cap on dresser | Direct verbal |  |  |  |  |  |
| Apply deodorant | Independent | May need verbal/physical assistance if he does not raise his arms high enough to reach his armpits |  |  |  |  |
| Retrieve cap | Direct verbal |  |  |  |  |  |
| Screw cap on | Direct verbal | "Turn it to the right." |  |  |  |  |
| STEP | PROMPT LEVEL | COMMENTS | DATE | DATE | DATE | DATE |
| Open top dresser drawer | Direct verbal | He may pull too hard and the drawer may come all the way out; be ready to block it when it is halfway out |  |  |  |  |
| Place deodorant in top drawer of dresser | Indirect verbal | "Where does your deodorant go now?" |  |  |  |  |
| Close dresser drawer | Direct verbal |  |  |  |  |  |
| Pick out shirt | Indirect verbal | Support person may say, "pick out a shirt" or may ask, "This one?". He chooses his own shirt. |  |  |  |  |
| Put shirt on | Independent | Shirt needs to be handed to him with bottom opening slightly separated |  |  |  |  |
| Comb hair | Independent | He combs the sides and front of his hair; he does not have the range of motion to reach the back |  |  |  |  |
| Ask for aftershave | Independent | Ask him how many sprays he wants and where he wants it sprayed. |  |  |  |  |
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