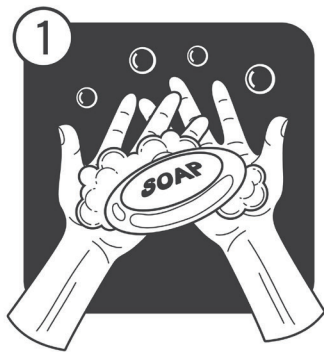


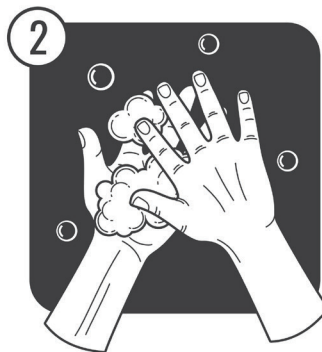
Steps for Washing Your Hands

- Liquid hand soap or a bar of soap can be used. If using a bar of soap, place it in a soap dish or on a small plate by the sink so it's within easy reach.
- Sing a favorite song while washing hands. This will encourage a longer process of hand washing.
- Have hand lotion available to soothe dry skin.
- The pictures below provide a step-by-step guide for washing hands as it can be difficult for those with Alzheimer's disease and other forms of dementia to remember the sequence of steps. It is also a good idea to verbally describe each step of the process:

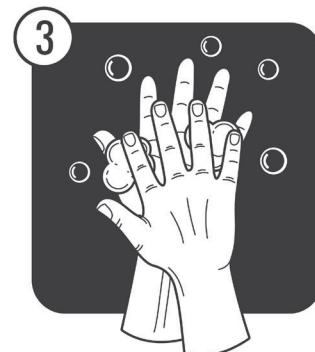
1. Turn on the water
2. Use the soap dispenser to pump/squeeze out soap or rub the bar of soap into the palms of the hands.
3. Rub between the palms of the hands
4. Rub between the fingers
5. Rub each thumb
6. Rub the back of the hands
7. Rub both wrists
8. Put hands under the water and rinse soap from hands and wrists. Dry hands and turn off the water.



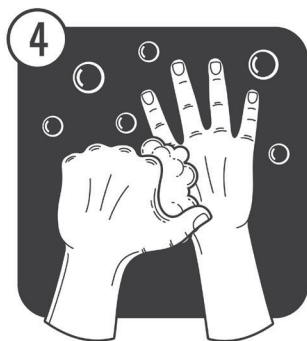
WATER AND SOAP



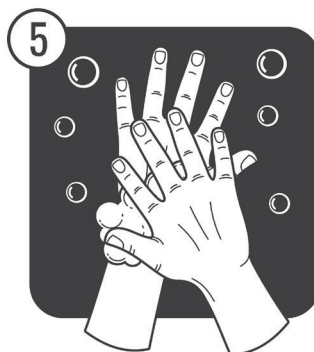
PALM TO PALM



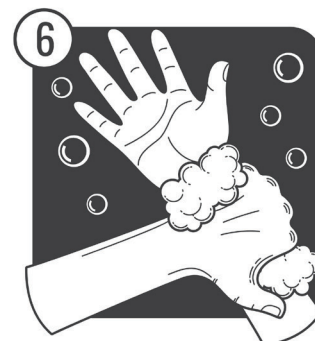
BETWEEN FINGERS



FOCUS ON THUMBS



BACK OF HANDS



FOCUS ON WRISTS

