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5 Ways Caregivers Can Help Him Look and Feel His Best

Tips to give you the confidence you need to make his grooming tasks easier
by Gillette TREO (Paid Content)





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Carol and Jim's Story

Life changed forever when Jim was struck by a vehicle while cycling not far from his house. Once an active athlete, he was left severely injured by the accident and in need of round-the-clock care, which is given largely by his wife, Carol, a retired nurse. Each day, she guides Jim through a challenging routine that involves multiple sessions of physical therapy and personal grooming, including shaving. "If we don't do what we do on a daily basis to help him move forward," she says, "he'll become more and more dependent." Thanks to Jim's unflinching determination to get better and Carol's unwavering love for him, they make the best of each day. "We've lived life to the fullest, and we continue to live a good life. It's just a different life."

As you may know, caregiving often means assisting with personal care tasks like bathing and grooming. Figuring out the best way to provide such intimate care isn't easy. A task like shaving requires closeness and trust and, even in a positive caregiving relationship, maintaining dignity is a dance that sometimes feels awkward.

Here are 5 tips to help give you confidence and make your loved one's bathing and grooming routine a little easier.

1. **Keep conversations natural.** You know the man you love and what he likes to talk about. Use this time to connect. Give a family update or talk about a funny thing that happened – just keep it natural. Let him know what you're doing or are about to do.
2. **Let him do what he can.** Dependency is a tough transition for those who are used to being independent and now must rely on the care of others. Be sensitive to this and, while it may take longer to complete certain tasks, find ways that he can be involved. For example, let him lather his face with shaving cream. Let him rinse his face and pat it dry. If he has dementia, speak and move gently, explaining what you're doing step-by-step so as not to startle him.
3. **Groom with care.** Give yourself plenty of time and don't rush tasks like shaving. The Gillette TREO™ is the world's first razor specifically designed to shave someone else. The unique blade helps protect his gentle skin and the ergonomic handle provides better control. The convenience of a built-in shave gel removes the need for water and can even be used for an aftershave. TREO allows you to confidently shave your loved one anywhere, even away from the sink. This will help make this small, but important part of his grooming routine just a little easier!
4. **Create a peaceful environment.** Maybe you remember that he would listen to the radio in his bathroom. Why not do the same now, restoring the ritual that gave him comfort years ago? Make sure you have adequate lighting and that bathroom counter is free of clutter to help reduce accidents. Soft background music may soothe a person with dementia who becomes agitated by physical touch.
5. **Make it comfortable.** If the person you're grooming needs to sit, have a chair in the bathroom or set up a cleansing station in whatever space is easiest for your loved one to navigate. Above all, be calm and confident in the care you give him – this takes some practice, but you'll get there and he'll be grateful.

These tips provide a starting point. Adapt them to fit your caregiving situation and relationship. And if you notice any physical changes in your loved one as you assist in his daily care, be sure to talk to your doctor.

[Click here to see how the Gillette TREO can revolutionize the care you give with confidence.](#)

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- All for love – family caregivers


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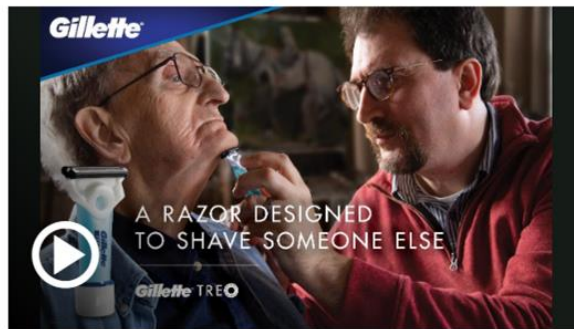
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All for Love – Family Caregivers

Give the care he deserves and care for yourself, too

by Gillette TREO (Paid Content)



Michael's parents, Dan and Anne, have always encouraged their kids to chase their own creative passions. Looking after his 90-year-old dad, Dan, whose strokes have left him in need of active care, is a way for Michael to give back. Along with providing medication, processing his food and helping his dad with grooming, a big part of Michael's care for Dan's is making sure he has access to his ease: Dan is still a prolific painter despite his limited dexterity. *"I don't think there's a story I can tell that would really lend credence to how important [he is to me] and how much I really love him."*

When your dad is your whole world, your world is turned upside down when he can't do the things that once defined him. While you'd do anything for the man you cherish and admire, there are so many emotions tied up with stepping into a caregiving role — especially when that role requires help with hands-on personal care, like bathing and grooming.

Like Michael, if you're one of the 43.5 million unpaid caregivers in the U.S.,¹ you know that caring for a loved one is both satisfying and exhausting. Keep yourself refreshed and be confident in the care you give by following these tips:

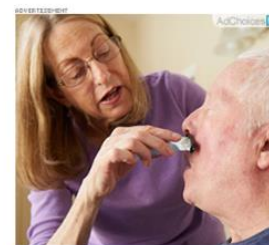
- 1. Have a plan that includes time for yourself.** Caregiving is hard work, so it's important to carve out time to get refreshed throughout the day. If you have a hobby like Michael and love to paint, be sure to fit that in each week. Even taking a few 15-minute breaks in your day to either take a walk or meditate can help you reset, both emotionally and physically.
- 2. Accept offers of help from others.** It's okay to say, "yes, please," to family and friends when they offer assistance. Be ready with some specific things they can do to help, like going grocery shopping or cooking a meal, to give you back some valuable extra time in your busy day. Plus, your loved one can benefit from having others help out too; each person has their own unique of making a connection. And don't be afraid to ask for help, too.
- 3. Use products that help you do your job.** Be open to new products and technologies that can help make your caregiving tasks easier and quicker. The Gillette® TREO™ is the first razor designed to shave someone else. The blade with a safety comb protects against cuts and the unique handle design provides great comfort and control for caregivers and those being cared for. Dan likes the all-in-one razor with built in shave gel. "It's nice to have something to give Dad a boost of confidence," says Michael.
- 4. Join a support group.** Talking honestly about your feelings can help reduce stress, anxiety and fatigue. It can also help you improve skills and help you find valuable resources to navigate your caregiving role. You are not alone; members of a support group can help you realize that you are doing the best you can do.

[Click here to see how the Gillette TREO can revolutionize the care you give with confidence.](#)

Also of Interest:

- 5 ways caregivers can help him look and feel his best

¹National Alliance for Caregiving and AARP (2015).



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