



Bathing and Showering

Changes in temperature when you undress to get in a bath or shower may feel painful, or uncomfortable for some people, whereas others may not notice. It may take time to process the temperature change.

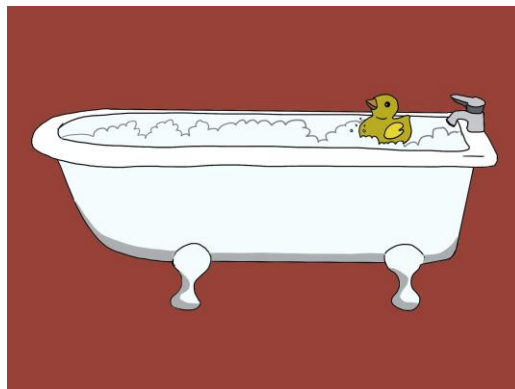
Each of us has our own preferences when getting washed. Some people may be very aware of their body odour whereas others may not notice it.

Getting organised can be difficult for some people as there are so many things to consider when getting washed. A list or a planner with pictures may be helpful.



Baths and showers are very sensory experiences. The smell of shower gel; the touch of bubbles in a bubble bath; the noise of running water; the brightness and reflections in a bathroom; the way your body feels different when you move it in water.

Explore how to create your own soothing and positive sensory experiences during bath and shower time.



Some people may experience sensations like wetness or temperature in a different way, due to their interoceptive processing systems. Thermometers for checking water temperatures can make bathtimes safer.

Some autistic people may need reminding to wash body parts they can't see. They may need a hand with getting dry, especially if they don't notice the sensation of wetness.

A routine may be helpful when learning any personal care activity.

Breaking activities down into smaller steps can help some people become more independent. Perhaps they may not be able to wash their back but they can do their chest. Or perhaps they can be responsible for pulling the plug out at the end.