

## 24. Bathing and/or Dressing

Some people may find bathing and/or dressing difficult when they have cancer. This can be for a variety of reasons, including the effects of the disease itself, or as a result of certain types of treatment for cancer (e.g. weakness after surgery, exhaustion during chemotherapy or radiotherapy, etc.). In addition, patients may be in pain or feeling discomfort, mobility may be decreased, shortness of breath may be a factor, or there is simply a lack of help in the home.

### How can I manage my problems bathing and dressing?

- You are not alone with these issues, people with cancer commonly experience difficulties with bathing and dressing.
- It is important to use the support that may be available from family and friends to help you when you most need it.
- If the problem is associated with pain, fatigue or breathing difficulties, further information in this directory on these topics may be of help.
- An occupational therapist (OT) may be able to assess your needs. You might be able to manage better with the use of equipment or aids that are available from an OT. Occupational therapists may be able to come to your home to assess which aids may be helpful for you. Referral to an occupational therapist can be made by your GP or hospital doctor.
- Assistance can be sought through social services or other charitable organisations to help with your bathing and dressing.