

Looking after someone at home – Physical Care

Palliative care resources for carers

Protecting bedding:

- Central Grampians Palliative Care: [Protecting bedding \(video\)](#)

Personal Hygiene:

- Central Grampians Palliative care: [How to give bed bath?\(video\)](#)
- Canadian Virtual Hospice: [How to give bed bath in hospital bed?\(video\)](#)

Moving a person in bed:

- Central Grampians Palliative Care: [Moving someone in a bed - 1 person assist \(video\)](#)
- Central Grampians Palliative Care: [Moving someone in a bed - 2 person assist \(video\)](#)

Mouth Care:

- Hospice in the Weald: [How to do mouth care\(video\)](#)

Positioning:

- Canadian Virtual hospice: [How to turn someone in bed?\(video\)](#)