Looking after someone at home – Physical Care

Palliative care resources for carers

**Protecting bedding:**
- Central Grampians Palliative Care: [Protecting bedding (video)](https://example.com)

**Personal Hygiene:**
- Central Grampians Palliative Care: [How to give bed bath? (video)](https://example.com)
- Canadian Virtual Hospice: [How to give bed bath in hospital bed? (video)](https://example.com)

**Moving a person in bed:**
- Central Grampians Palliative Care: [Moving someone in a bed - 1 person assist (video)](https://example.com)
- Central Grampians Palliative Care: [Moving someone in a bed - 2 person assist (video)](https://example.com)

**Mouth Care:**
- Hospice in the Weald: [How to do mouth care (video)](https://example.com)

**Positioning:**
- Canadian Virtual hospice: [How to turn someone in bed? (video)](https://example.com)