ENABLE CLIENT’S TO MAINTAIN THEIR PERSONAL HYGIENE AND APPEARANCE

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ENABLE CLIENTS TO MAINTAIN THEIR PERSONAL CLEANLINESS
Client’s agree with the carer and care team the degree of support that is required for the type of personal hygiene care and are encouraged to be as self-managing as possible.

Client’s are given the opportunity to choose their personal hygiene facilities, such as:
- Bath
- Specialist bath facility
- Shower
- Shower toilet
- Strip wash
- Bed bath
The materials and toiletries requested or available include:

- Soap
- Shampoo
- Nail cutters
- Toothpaste and brush
- Denture cleaner and fixative
- Moisturiser
- Deodorant
- Cosmetics (lipstick, makeup etc)
- Skin Creams
- Specialist Skin preparations
- Talcum Powder
- Cologne (male or female)
- Shaving foam
- Shaving materials
The client may use these facilities and materials that are of their preference and needs.

Where there is a conflict between the client’s needs, wishes, preferences and choice regarding their personal cleanliness, the plan of care and the availability of facilities and materials are discussed with the client and resolved amicably.
The temperature of the water and of the room is consistent with the client’s preference and condition and within legal constraints.

Toiletries, materials and equipment are safe and available within client reach and help call facilities and/or equipment are at hand. The level of privacy is consistent with the level of risk involved.

Any problems that are found are discussed with the client and where specialist involvement is required, this is arranged with their agreement.
After use, washing facilities are clean and ready for the next client to use and waste products are disposed of in a safe manner and place.

It would be difficult to persuade a client of the need for personal hygiene is the carer has a problem in that aspect.

It is therefore sensible for the carer to have good hygiene practices as standard. The type of clothing worn will also have an impact and would need to be consistent in being sensible and practical for both personal and Health and Safety reasons.
Where protective clothing is required, the client needs to be informed and the reasons explained.

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SUPPORT CLIENTS IN PERSONAL GROOMING AND DRESSING
Personal grooming and dressing includes:

- Combing and brushing hair
- Application of make-up or other substances
- Dressing and undressing

The facilities in which the client is supported and take place are both private and comfortable
The support required and the activity undertaken are discussed and agreed with the client.

Any support given must be given in a manner that:

• Maximises client confidence
• Maintains client privacy
• Is consistent with the client’s personal beliefs and preferences
• In accordance with the client’s care plan
Where a client is prescribed dressing aids and equipment, such as:

- Button and Zip hooks
- Stocking aids
- Dressing sticks

They are offered appropriate support and training in its use.
Clients are encouraged to use any prescribed accessories, such as:

SENSORY EQUIPMENT

- Hearing aids
- Spectacles

PROSTHESIS

- Artificial limb
- Glass eye/
- False breast
- Hairpiece
- Wig
- Dentures
ORTHOSSES

- Surgical shoes
- Surgical stockings
- Callipers
- Braces
- Truss
- Collars
- Corsets

Where a client has concerns over the above accessories and creams, the issues are discussed and an agreed solution is found.
Clients are encouraged to use any prescribed creams, such as:

- Camouflage creams
- Anti-biotic creams
- Steroid creams
- Sun creams
- Face creams
- Skin creams
- Moisturisers
When a client needs specific help, beyond the carer’s ability to inform or support, the advice, guidance, support and help will be referred to the appropriate member of the team.

Clients are encouraged and supported to keep their personal clothing and grooming items clean and secure.

All recordings of problems or significant changes are accurate, legible and complete.