

Section 3—Keeping a Healthy Body



For the majority of people, cleanliness is an important issue; poor hygiene is unhealthy and unacceptable. Good hygiene includes regular and thorough washing of your body, hair, and hands, as well as brushing and flossing teeth and caring for your gums. Personal care tasks may also include applying deodorant, dressing, undressing, and using proper hygiene methods for toileting.

Adults with disabilities may have difficulties maintaining their personal hygiene without reminders or assistance. Personal hygiene is a basic activity of daily living which is a vital life skill needed to be successful in life. Do you currently have a morning and evening routine? Do you get up, brush your teeth, brush your hair, get dressed, and eat breakfast by yourself?

A person needs to maintain hygiene not just for the sake of their own health. Sadly, people are judged daily and your hygiene is also judged. Therefore, it's important to take care of yourself for social reasons. Additionally, you are exposed to other things that can impact your hygiene, like dust, pollution, traffic fuels, and cigarette smoke among other things.

What about clothing? Your clothing becomes unpleasant and dirty at the end of the day as it is worn the entire day. Sweat begins to make a person's body sticky, resulting in dust and dirt sticking to your body. These are reasons why you want to wear clean clothes every day.

Speaking of your clothing, who currently washes your clothes? If a family member currently washes your clothes, who will wash your clothes, fold them, and put them away when you live alone? If these are things that your family is still doing for you, it's time to start practicing what you are capable of doing. You need to be able to demonstrate that you can take care of yourself. Taking care of your clothes isn't a science, but you need to know how to handle stains, when to use or not use bleach, and the importance of sorting laundry.

Your overall appearance and hygiene are important to your self-esteem. If your body and clothes are clean, people will be more willing to be around you. If you smell or wear dirty clothes, others may avoid you and instead of making friends, you may be more isolated.

Resources

Personal Hygiene Video

<https://www.youtube.com/watch?v=jQ2e0KH5Wrl>

Independent Living Skills - Laundry Day Video

<https://www.youtube.com/watch?v=ETHqsHhLx2c>

Checklist

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
PERSONAL HYGIENE SKILLS						
<input type="checkbox"/> I am able to follow a morning routine						
<input type="checkbox"/> I am able to follow an evening routine						
<input type="checkbox"/> I am able to turn on and off the water in my bathtub/shower						
<input type="checkbox"/> I know what knob is hot water and what knob is cold water						
<input type="checkbox"/> I know how to regulate the cold and hot water to safely bathe						
<input type="checkbox"/> I am able to safely get in and out of the bathtub/shower						
<input type="checkbox"/> I know how much water to put into the bathtub if I'm taking a bath						
<input type="checkbox"/> I am able to bathe myself properly						
<input type="checkbox"/> I am able to correctly wash my hair with shampoo, including rinsing the shampoo out						
<input type="checkbox"/> I am able to properly dry off my body						
<input type="checkbox"/> If taking a bath, I am able to drain water from tub						
<input type="checkbox"/> I am able to shave						
<input type="checkbox"/> I can identify my toothpaste and am able to put it on my toothbrush						
<input type="checkbox"/> I am able to brush and floss teeth correctly and regularly						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I can recognize a tooth issue						
<input type="checkbox"/> I am able to dry my hair						
<input type="checkbox"/> I am able to brush or comb my hair						
<input type="checkbox"/> I am able to safely use small appliances designed for hair						
<input type="checkbox"/> I am able to apply deodorant daily						
<input type="checkbox"/> I am able to apply skin care products as instructed						
<input type="checkbox"/> I know when I need to use the toilet						
<input type="checkbox"/> I am able to use the toilet						
<input type="checkbox"/> I am able to properly clean myself after I use the toilet						
<input type="checkbox"/> I am able to do self-catheterization, if needed						
<input type="checkbox"/> I am able to change my incontinence products						
<input type="checkbox"/> I know if my clothes are dirty						
<input type="checkbox"/> I know if my clothes don't fit						
<input type="checkbox"/> I know how to match my clothes						
<input type="checkbox"/> I understand and can choose weather appropriate clothing						
<input type="checkbox"/> I know how to dress for different occasions						
<input type="checkbox"/> I am able to dress myself						
<input type="checkbox"/> I am able to apply lotion to my body as needed						
<input type="checkbox"/> I am able to trim my fingernails						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I am able to trim my toenails						
<input type="checkbox"/> I am able to take care of my own menstrual period needs, if applicable						
SELF-CARE SKILLS - Waking Up						
<input type="checkbox"/> I am able to set my alarm clock or other device						
<input type="checkbox"/> I am able to turn off my alarm clock or other device						
<input type="checkbox"/> I able to use the snooze option on my alarms						
<input type="checkbox"/> Once I get out of bed, I am able to stay up						
SELF-CARE SKILLS - Laundry						
<input type="checkbox"/> I am able to sort my clothing by color						
<input type="checkbox"/> I know what needs to be washed in cold water						
<input type="checkbox"/> I know how to apply stain remover						
<input type="checkbox"/> I know how and when to use bleach						
<input type="checkbox"/> I am able to use fabric softener						
<input type="checkbox"/> I am able to read clothing labels and know how each clothing item needs to be washed						
<input type="checkbox"/> I am able to operate a washing machine and use correct settings						
<input type="checkbox"/> I am able to operate a dryer and use correct settings						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I am able to iron clothes						
<input type="checkbox"/> I am able to fold, hang up, and put away clothes						
<input type="checkbox"/> I am able to fold and put away towels and linens						
<input type="checkbox"/> I am able to reach everything to hang up and put away my things						
<input type="checkbox"/> I can budget for haircuts, nail care and spa treatments I wish to use						