

Personal Care Policy

Purpose

This policy explains how Autism Explorers CIC will provide personal care safely, respectfully and only where agreed in advance.

Principles

Personal care will always:

- Protect dignity.
- Encourage independence.
- Respect privacy.
- Be delivered with consent whenever possible.
- Be person-centred.

Examples of Personal Care

Support may include:

- Hand washing
- Tooth brushing
- Changing clothing
- Continence support
- Applying sun cream
- Supporting eating and drinking
- Hair brushing
- Assistance with changing after activities

Consent

Written parental consent (or consent from the individual where appropriate) must be obtained before personal care is provided.

Two Adult Rule

Where intimate care is required:

- Risk assessments will determine whether two staff members are required.
- Staff will always protect the dignity of the individual.

Infection Control

Staff will:

- Wear PPE where appropriate.
- Wash hands.
- Dispose of waste safely.
- Clean equipment after use.

Recording

Any personal care provided must be recorded including:

- Date
- Time
- Staff member
- Care provided
- Any concerns

Refusal

Individuals have the right to refuse personal care where they have capacity to make that decision.

Safeguarding

Any unexplained injuries, disclosures or concerns will be reported immediately.