

## Case Coordinator Service Considerations: Personal Care & Hygiene

Wherever possible, in order to enhance and promote health and independence, clients, family and/or caregiver(s) shall be taught new ways of performing activities of daily living.

The client will be encouraged to participate in all aspects of personal care – hygiene and dressing as able; self-care is promoted.

The client /family/caregiver is responsible to provide any equipment which is safety approved and must be installed as per the assessment prior to the implementation of care provision; this includes a non-slip bath mat both in and out of the tub.

The client/ family/caregiver must provide all personal care and cleaning products that are required for the provision of care.

### **Guidelines for Frequency**

The Case Coordinator assesses the amount, type and frequency of service required to meet personal care needs based on best practice and available resources:

- Complete shower, tub bath or sponge bath once (1) per week. A maximum of two (2) times a week may be provided to manage the needs of the client with respect to incontinence, skin integrity and body odor.
- Partial sponge bath once (1) per day; a maximum of two (2) times per day may be provided to manage body odor and to maintain skin integrity.
- Perineal care up to a maximum of four (4) times per day if client is incontinent.
- Shaving of legs and underarms once a week with electric razor in combination with personal care.
- Shaving of face one (1) time per day with electric razor.
- Hair care – brush or comb daily. Home Care Attendants may assist with shampooing, blow-drying (medium or low settings only) a maximum of two (2) times a week.
- Mouth and denture care up to a maximum of twice per day in combination with hygiene tasks.
- Nail care [filing only] once (1) per week in combination with bath.
- Skin care [non-prescription moisturizer] up to two (2) times per day in combination with hygiene tasks.
- Foot washing/soak/skin care one (1) time per week.