

Madawaska Valley

Association For

Community Living

**POLICY: PERSONAL HYGIENE**

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**REVISED: NOVEMEBR 27, 2024**

**REVIEWED: AUGUST 26, 2024**

**APPROVED: APRIL 16, 2013**

**NUMBER: 5-25**

**CATEGORY: SERVICE DELIVERY** 

Policy Statement:

MVACL will ensure each individual is provided instruction to maximize their independence regarding personal hygiene following guidelines established in The Services and Supports to Promote the Social Inclusion of Persons with Developmental Disabilities Act, 2008

## Health/Hygiene Routine

1. Instruction and assistance will be provided for each individual in order for them to learn and participate in grooming and hygiene skills according to their level of ability.
2. Each individual will be given the opportunity to bathe or shower daily. Respect will be given for privacy and adherence to protocols for individuals with epilepsy will be followed. The level of supervision required while bathing will be clearly identified on the Client Safety Plan.
3. All individuals will own and use their own toiletry articles, which will be stored in their own room.
4. In the event an Individual cannot afford personal hygiene products a request can be written to MVACL to help subsidize the cost.
5. Individuals will be encouraged to brush or care for their teeth/dentures daily.
6. All individuals will use their own clean personal washcloths and towels.
7. Encouragement and assistance will be given to each individual regarding combing/brushing of hair, hair cutting and styling, shaving, nail care and appropriate use of cosmetics.
8. Toileting and menstrual care training will be provided where applicable and individual protocols will be used in these circumstances.

## Clothing:

1. Individuals in all accommodations will select their own clothing wherever possible in accordance with their abilities.
2. Individuals will be encouraged to maintain sufficient clothing for all occasions and seasons.
3. Assistance and instruction will be provided to maintain clothing in a neat, fashionable style.