

Orange County

In~Home Supportive Services



Public Authority



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PARTNERSHIP FOR SUCCESSFUL PROVIDERS



HOW TO PROVIDE PERSONAL CARE – PART 1

Working hand in hand with the community to serve IHSS Consumers so they may remain safe and independent in their own home.

Overview



- Objective
- Considerations When Working With Consumers
- DVD
- Review of Services Included in Personal Care as defined by IHSS
 - PART 1
 - Baths and Routine Bed Baths
 - Oral Hygiene
 - Grooming
 - Dressing
 - Care and Assistance with Prosthesis
 - Bowel and Bladder Care
 - Routine Menstrual Care
 - PART 2 (*a separate class*)
 - Assistance with Self-Administration of Medications, Prevention of Skin Ulcers, Skin Care & Repositioning, Ambulation & Transfer, and Feeding
- Caregiver's Role and Responsibility

Objective

- To have an understanding of the tasks involved in providing Personal Care
- To learn the techniques of providing Personal Care
- To gain an understanding of the importance of respect and privacy while providing personal care



Considerations when working with the Consumers



Losing one's independence can cause depression and isolation. It is therefore, important to encourage independence when working with individuals who are not self-sufficient.

Demonstrating respect toward the individual and honoring their preferences and privacy, while providing personal care, encourages self-esteem and a positive working relationship.

Bathing and Bed Baths

Bathing

Encourage the consumer to bathe him/herself if possible

- Ensure that grab bars, tub benches, and handheld shower attachments are properly installed
- Use a non-slip mat in the bath and in front of the tub/shower stall
- Encourage the Consumer to sit on the edge of the tub and then put both legs into the tub before he/she stands up
- Reverse the process when getting out of the tub

This task should be as pleasant and relaxed as possible

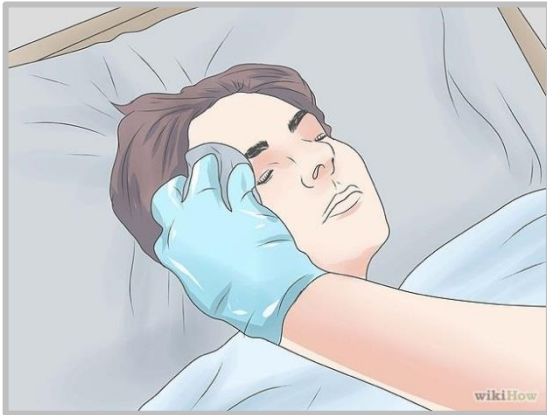


Bathing and Bed Baths

Comfort and privacy during this task are very important

The environment should be as pleasant and relaxed as possible.

Encourage the Consumer to wash as much of him/herself as possible



- The room should be kept at a comfortable temperature for the Consumer
 - Close windows and turn up heat *if necessary*
- Fill a basin with warm water (water should be comfortable to the inside of your wrist)
 - if possible have the Consumer test the water's temperature – make adjustments if necessary
 - Use a blanket to cover the Consumer after undressing and while bathing to keep them warm and ensure privacy
- Wearing gloves, **wet a washcloth without soap**
 - Starting with the Consumer's face, wipe the eyes from the inside to the outside and dry with a towel, rinsing between the eyes

Bathing and Bed Baths (continued)

Bed Baths (continued)

- **Using mild soap, wash the rest of the body** with a washcloth and rinse and dry all areas. Be sure to put a towel under each part before washing
 - After washing the head and neck, chest, stomach, arms, legs, and feet, empty the dirty water in the sink and refill with clean water
- The area between the thighs (the genitals and anus) is the last area to be washed
 - Refill the bucket with clean water
 - Put a towel under the Consumer's buttocks
 - Ask the Consumer to bend his/her knees and spread their legs while in the lying position



Bathing and Bed Baths (continued)



Bed Baths (continued)

FEMALE

- Using a soapy washcloth, wash her from front to back, making sure not to touch the anus with the washcloth
- Rinse the washcloth to remove the soap and dry the area with a dry towel
- Ask or help the Consumer turn onto her side (so she is facing away from you)
- Slide the towel under the buttocks
- Wash, rinse, and dry the anal area

MALE

- Hold the penis with one hand and wash, rinse, and dry the penis and scrotum, making sure to gently push back the foreskin
- Rinse the washcloth to remove the soap and dry the area with a dry towel
- Ask or help the Consumer turn onto his side (so he is facing away from you)
- Slide the towel under the buttocks
- Wash, rinse, and dry the anal area

Oral Hygiene

Oral hygiene is important regardless of a person's age.

Due to physical or medical conditions, older adults face additional challenges in maintaining oral health.

- Arthritis or other conditions may limit the ability of the person to brush properly
 - ***Make adjustments to the handle***
- Dry mouth can be caused by certain medications
 - Can cause difficulty eating, swallowing, tasting, speaking, and tooth decay
 - ***Sipping water or sugarless drinks, sucking on sugarless hard candy or chewing on sugarless gum, or ice chips may help***



- Denture Care
 - Dentures should be cleaned twice a day and should be put in water of denture cleansing liquid over night
 - Check dentures regularly for cracks
 - ***Soft, non-sticky food cut into small pieces may help the Consumer at mealtime***



Grooming

Being well groomed encourages individuals to feel “good”, therefore most Consumers welcome assistance with grooming.

The grooming process should be a pleasant experience. Be patient, calm and add humor when possible. Remember, “laughter is the best medicine” – it has great benefits.



Hair Care

- The consumer's hair should be kept clean
- “Dry” shampoo products can be used between washes
- If the Consumer cannot wash his/her hair independently:
 - Use the kitchen sink or inflatable basin

Shaving

- Use only the Consumer's personal shaver
- Shave down in the direction of the hair growth

Fingernail and Toenail Care

- Cut nails straight across without curving on the edges.
- Use clippers to cut nails to make an even cut.
- Apply cream to prevent dry, cracked skin

Dressing



Dressing can be a very challenging process for individuals who have an injured, weak, or paralyzed limb.

Allow enough time for the Consumer to do as much as he/she can do independently

- Encourage the Consumer to select what they want to wear
- Encourage the Consumer to sit as much as possible while dressing

Clothing, including shoes, must be comfortable and easily put on, removed, fastened, etc.

- Avoid tops that have to be pulled over the Consumer's head
- Pants with elastic waistbands are recommended
- Clothes with large front fasteners are easier to grasp – zippers, Velcro, large buttons
- Shoes should be slip-on or have Velcro fasteners – laces should be avoided
- If a belt is needed, thread it through the loops before putting the pants on

Dressing

You can help by placing their clothing where it can be accessible

Individual's who are unable to dress independently can use devices to help them dress

Always dress the injured, paralyzed or weak arm/leg first and undress it last

Although it is encouraged to promote independence, if the Consumer is unable to dress independently with use of devices, assist him/her as needed

Devices commonly used to assist in dressing include but are not limited to the following



Sock Aid



Button hook &
zipper pull



Dressing Stick/Shoehorn



Reacher and Grabber

Care and Assistance with Prosthesis

Care and assistance with prosthetic devices includes

- Assistance with putting prosthesis on or taking it off
- Helping with maintaining or cleaning the prosthetic device and vision/hearing aids
- Prostheses are unique to the needs of each individual and therefore, directions on how to care for the particular device must be obtained from the device manufacturer



Behind-the-ear



In-the-canal



In-the-ear



Bowel and Bladder Care

Requiring Bowel and Bladder care can be embarrassing for BOTH the individual and Provider. Providers must be sensitive to the Consumer's feelings and must always treat the individual with respect and dignity.

Bowel and bladder care involves

- Using, emptying and cleaning of bed pans, bedside commodes, urinals, Ostomy pouches, enema and/or catheter receptacles
- Positioning for application and change of adult briefs/pads
 - Respect the individual by avoiding the term “diaper” when working with adults



Bed Pans

How to assist a Consumer onto a bed pan

- Put disposable gloves on
- Ask the person what side he is more comfortable rolling to. If the person has had any sort of injury to one side or a surgery, he may feel more comfortable and be able to better assist you with rolling.
- Roll the person onto the side where he is most comfortable. When he is on his side, ask him to grab the bed rails (if available) to help him stay on his side.
- Place the bedpan against the buttocks, ensuring that the curved edge of the bedpan is under the buttocks. This will be the part of the bed pan that looks lower in size than the other.
- Ask the patient to roll back, ensuring that the bed pan stays in place by keeping your hand on the bed pan until the patient is almost completely rolled back over.
- Elevate the person's head on the bed slightly into more of a sitting position. This may make it easier for him to relieve himself.
- Give the patient privacy. Make sure he/she has a means of contacting you when finished

Bed Pans

How to remove the Consumer from the bed pan

- Ask the person to roll over so that you can remove the bed pan.
- Grab the bed pan with one hand and carefully remove it from the person's buttocks.
- Place the bed pan on a chair, and place a towel over the contents of the bed pan.
- **Never** place the bed pan on a side table or a bed table.
- Cleanse the person's buttocks or genital area first with toilet paper. If the person has had a bowel movement, use a washcloth and towel to clean the area using the appropriate cleansing methods

Tip: A supply of disposable wet wipes is helpful to have on hand

Routine Menstrual Care



Follow the Bath and Bed Bath procedures before
placing a clean pad on the Consumer

Personal Care : Caregiver's Role and Responsibility

Implement the principles of body mechanics to your work routine.



Personal Care: Caregivers Roles and Responsibilities



Privacy Issues

Provide the individual as much privacy as possible before, during, and after the task. Always demonstrate respect and dignity throughout the process.

Honoring Individual Preferences

Every individual is unique. It is important to respect and honor the preferences expressed by the person when performing personal care.

Encouraging Independence

It is important to encourage all Consumers to exercise as much independence as possible. This is of particular importance when the tasks require privacy.

Cultural Consideration

Consideration for the Consumer's cultural beliefs and traditions are of great importance and can impact how and if a task is performed. *It is recommended that the family/health care professional/authorized representative be contacted if the requests/decisions can have a negative impact on their health and safety.*



Thank you for attending

Any Questions ?