

# Personal Care

## AIMS

To be able to have an understanding of Personal Care, and how it applies to Care Home residents

## DURATION

Full day

## LEARNING OUTCOMES

By the end of this course you will be able to:

- Know what personal care means
- Know why it is important
- Understand what is meant by Privacy and Dignity
- Know what Personal Care includes
- Know what Best Practice in Personal Care is
- Have an awareness of the relevant legislation

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## LESSONS AND TOPICS

### What is Personal Care?

- What does it mean?

### Why is Personal Care important?

- Physical Health
- Mental Health
- Health and Safety
- Handwashing

### Privacy and Dignity

- What is Privacy and Dignity?
- The Importance of Privacy and Dignity
- Promotion of Privacy and Dignity
- Promoting Independence
- Personal Toiletries

### What does Personal Care include?

- What is expected
- Change of Clothes
- Supporting with Mealtimes
- Personal Grooming
- Medication
- Nail Care
- Oral Care
- Showering
- Skin Care
- Support to use the toilet
- Catheter Care
- Surgical Appliances and Protheses
- Wound Care
- Mobility
- Getting up and Going to Bed
- Change of Bedding

### Best Practice

- What does Best Practice mean?
- Care Planning
- Person Centred Care
- Communication, Documentation & Reporting
- Infection Control
- People Handling
- PPE
- Managing Challenging Behaviour
- Safe Moving and Handling

### Advice, Emotional and Psychological Support

- Giving Advice and Support

### Legislation

- Health & Safety at Work Act 1983
- GDPR and Data Protection
- Equality Act 2010
- Care Act 2014
- Mental Capacity Act 2005



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