

PERSONAL CARE

SKILL ASSESSMENT

The following questions will help you identify the skills in which you excel and target those which you need to develop. By yourself or with your team, try to answer each of the questions as honestly as possible. After completing this independent living skills assessment, review it with your team and identify those skills you would like to strengthen.

	<i>I do not know how to do this</i>	<i>I need to know more about this</i>	<i>I can do/ have done this</i>
1. Have good personal hygiene skills.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Use toiletries appropriately.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Know which personal care items to buy that will improve my appearance and fit within my budget.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Take pride in my appearance; wear clean and neat clothing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Know which clothes should be hand-washed, dry-cleaned, or machine-washed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Can wash my own clothes using a washing machine, correct water temperatures, detergent, bleach, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Know how to iron clothes and sew on buttons.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Know where to take my clothes if they need to be dry cleaned and know how much it will cost.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PERSONAL APPEARANCE

Why do you think it is important to take pride in your appearance?

What does your personal appearance tell others about you?

It is important to take time for your personal appearance and hygiene. If you plan your morning and evening routines, you'll be sure to have enough time for showering, hair care, dressing, etc., and still be able to get to school or work on time.

Consider the following:

Amanda has difficulty getting to school on time. Although she gets up pretty early, she always seems to be late for school. She spends a lot of time putting on her make-up and choosing what to wear. What advice would you give Amanda?

Are you ever late for school, work, or appointments? _____

If so, what delays you? _____



ACTIVITY

The following is a list of some personal care activities and a sample time chart to practice your scheduling.

Review the list, checking those activities appropriate for you and plan your daily routine.

Daily Personal Care Activities

- Plan What To Wear
- Iron Clothes
- Shower / Bathe
- Wash hair
- Dry hair
- Shave
- Put on make-up
- Eat nutritious breakfast
- Other: _____

Daily Routine		
<u>When</u>	<u>Task</u>	<u>Length of time</u>
A.M.		minutes
A.M.		minutes
A.M.		minutes
A.M.		minutes
A.M.		minutes
P.M.		minutes
P.M.		minutes
P.M.		minutes

Now using the above schedule, what time should you get up in the morning to be on time for school, work, etc.? (*Don't forget to account for travel time.*)

PERSONAL CARE ITEMS:

In order to take good care of our personal hygiene, we have to use some personal care items, like underarm deodorant, toothpaste, soap, etc. However, buying the right product for you is not always easy..



Consider the following:

Ashley has dry skin, particularly during the wintertime. She goes to a local drug store to buy moisturizing lotion. When she arrives in the right aisle, she is confused because there are about 20 different brands of lotions on the shelf.

When you choose your personal care items, what qualities are important to you:

- | | |
|---|--|
| <input type="checkbox"/> price | <input type="checkbox"/> ingredients |
| <input type="checkbox"/> hypoallergenic | <input type="checkbox"/> appearance |
| <input type="checkbox"/> name brand quality | <input type="checkbox"/> other : _____ |
| <input type="checkbox"/> recyclable materials | _____ |

Take an inventory of all personal care items you use frequently.

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	<hr/> <hr/> <hr/>



ACTIVITY

Now that you have taken an inventory of your personal care items, are there any you might be able to purchase more economically without losing the quality you want?

Go to your local drug store and research the costs and quality of personal care items you use frequently. Record the information in the chart below.

Personal Care Item	Purpose	Price

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