

Personal Care, Hygiene, and Grooming Test

Name: _____

Score: _____ Pass / Fail

Date: _____

1. Why is personal hygiene important?

2. What areas are included in health maintenance?

3. What choices can a DSP offer when assisting with Personal Care?

4. What professional ethics should be applied when assisting with Personal Care?

5. List the name of each individual you assist and three choices or preferences for each person.
Example: Lisa likes to shower in the morning, and prefers lilac shampoo.

1.

2.

3.

4.

5.

6.