

## **PERSONAL CARE, HYGIENE, AND GROOMING TRAINER CHECKLIST**

1. Have the Direct Support professional (DSP) read the unit.
2. Have the DSP review the "Personal Protocol" booklet. Trainer may want to ask the DSP to think about what they would like to have done if they required this type of support.
3. Have the DSP read the Bathing & Showering Safety Guidelines.
4. Trainer will show the DSP how to find information about personal preferences, plan of service information related to this unit, general health care plans, and documentation requirements. Location and storage of each individual's supplies, and any necessary equipment should be reviewed. When possible this should be done by the individual.
5. Trainer should demonstrate and have DSP practice using any required equipment. I.e. Hoyer lift, commode chair, shower chair, transfer belt, etc.
6. Trainer should then have DSP complete the test. DSP should meet and talk with all individuals who are willing and able to share what their personal routines are and any likes and dislikes. The DSP will need to review each plan of service to complete this test.
7. The Trainer will review the test with the DSP and answer any questions.
8. Emphasis should be placed on offering choices, encouraging individual participation, and communicating what and why something is done. This is a great opportunity to continue to work on building relationships with the individuals that you support!
9. With the Individuals permission, new DSP's should be encouraged to observe morning, evening and bathing routines, before providing that type of care.