



Easy Read Intimate care guidelines



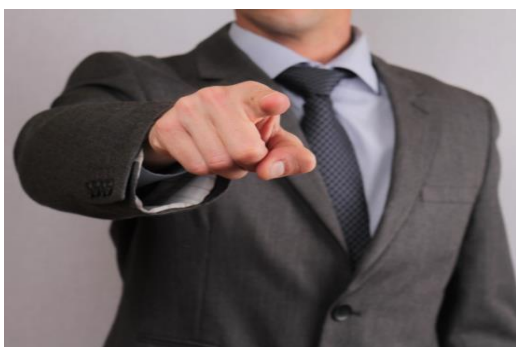
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Aim of this booklet



This is an easy read information guide on the Intimate Care Guidelines.



It can help you know about what the staff do to care for you in your service.



You can read this by yourself or with someone else



This could be a staff member, family member or friend.

Who is this booklet for?



This booklet is for you so you know how the people in your service care for you.



Anyone who wants to know about Intimate Care Guidelines in Avista



Staff members can use this booklet too.

What are guidelines?



Guidelines are rules or instructions that help people know what to do.



They give you advice on the best way to do something.



They help keep people safe or make sure tasks are done right.



Guidelines can be used in many places like schools, work or healthcare.

What is a procedure?



A procedure is set of steps you follow to complete a task.



Procedures are created by the people or organization that provide your service.



They tell you how do so something correctly.



You can use procedures for many tasks like cooking a recipe or caring for people.

What is intimate care?



Help with using the bathroom.
Help with toileting.



Help with dressing/undressing.



Help with bathing/showering.



Help with period care.



Any other help by a member of staff that involves touching your body. For example, shaving, doing your hair or applying medication.

Avista's intimate care guidelines



Consent - A staff member should ask you if it's ok to help you with your intimate care.



Dignity and privacy – A staff member will show you respect while helping you and make sure you're in a private place.



Independence and choice – Staff members will help you to care for yourself as much as possible and you will be allowed to make your own choices.



Same gender care – Male staff will look after men in the service and female staff will look after women in the service.



Personal intimate care plan – Each individual has their own intimate care plan that focuses on their needs.



Training – Staff members learn how to help you with your intimate care. Staff are trained in how best to support you.

Avista's Intimate care procedure.



Staff will explain your intimate care in a way you will understand.



Staff will help you to care for yourself when you can.



Staff will make sure the room for your intimate care has everything you need – pads, towels, toothbrushes and hoists.



Staff will help you based on your likes and dislikes about your intimate care.



Staff will be gentle and supportive when they touch you.



Guidelines for staff

- The aim of this book is to ensure that the people we support are aware of Avista's Guidelines for intimate care.
- This book should be explained to the person by their key worker or another familiar member of staff.
- Use this booklet as a part of a total communication approach, using simple language, signs and gestures which support the person's level of understanding.
- Make sure you're in a quiet environment when reading
- Point to each picture while you read a sentence, this will support the person's understanding of what is being discussed