Hygiene (Advanced)

Visual supports for hygiene are available at a low cost at:
https://autismhousingpathways.org/visual%20supports/

Activities:

Hand-washing:

- ☐ Wash hands independently.

Showering or bathing:

- ☐ Be able to adjust water temperature.
- ☐ Wash hair independently.
- ☐ Wash entire body with a washcloth or bath sponge independently.

Drying off:

- ☐ Dry off independently.

Getting dressed:

- [ ] Dress for the weather: identify outfits for winter weather (including a coat or jacket); hot summer weather; cool, dry weather; cool, rainy weather; warm, rainy weather.
- [ ] Identify the right shoes for each outfit.

Oral care:

- [ ] Brush teeth twice daily.
- [ ] Floss teeth twice daily.

Using deodorant:

- [ ] Put on deodorant independently.

Shaving:

- [ ] Shave independently.

Hair-cutting:

- [ ] Tolerate having clippers used, either for the full haircut or for styling.
- [ ] Pick a hairstyle you like.

Trim nails:

- [ ] Trim your nails with a clipper or emery board independently.

Menstrual:

- [ ] Put on a pad or insert a tampon independently.
- [ ] Take off a pad or remove a tampon independently.
- [ ] Dispose of a pad or tampon independently.
- [ ] Clean yourself further, if necessary, using wipes or a washcloth, independently.

When you have successfully completed all activities, you officially have the Hygiene Advanced skill recognition!