Hygiene (Basic)

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

Activities:

Hand-washing:

- ☐ Wash hands using a prompt (visual or other).

Showering or bathing:

- ☐ Wash hair using prompts (visual or other).
- ☐ Wash entire body with a washcloth or bath sponge using prompts (visual or other).

Drying off:

- ☐ Dry off using prompts (visual or other).

Getting dressed:

- ☐ Getting dressed in clothes that have been pre-selected.

Oral care:

- ☐ Brush teeth using prompts (visual or other).
- ☐ Floss teeth using prompts (visual or other).

Using deodorant:

- [ ] Put on deodorant using prompts (visual or other).

Shaving:

- [ ] Shave, using an electric razor or blade, using prompts (visual or other).

Hair-cutting:

- [ ] Tolerate having your hair cut with scissors.

Trim nails:

- [ ] Trim your nails with a clipper or emery board, using prompts (visual or other).

Menstrual:

- [ ] Put on a pad, using prompts (visual or other).
- [ ] Take off a pad, using prompts (visual or other)
- [ ] Dispose of a pad, using prompts (visual or other).
- [ ] Clean yourself further, if necessary, using wipes or a washcloth, independently.

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