Hygiene (Pro)

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

Activities:

Hand-washing:

- ☐ Wash hands after using the bathroom.
- ☐ Wash hands before preparing food.
- ☐ Wash hands after house cleaning (home-care) activities.

Showering or bathing:

- ☐ Shower or bathe at least 3 times a week; use baby wipes or a soapy washcloth on private parts, underarms, and feet on other days.

Drying off:

- ☐ Put towels in the laundry weekly, and put fresh towels in the bathroom.
- ☐ Provide fresh bath towels to overnight guests.

Getting dressed:

- [ ] Know how to dress for the occasion. Take a look at these sites: https://www.realsimple.com/beauty-fashion/clothing/wardrobe-basics/what-to-wear and https://www.ever-pretty.com/pages/infographics-dress-for-the-occasion.
- [ ] Go through your closet and pick out something you could wear to a picnic with friends; a job or school interview; to work in an office; to a party.
- [ ] Know when to throw clothes away.

Oral care:

- [ ] Make a dentist's appointment.
- [ ] See the dentist every six months (or annually, if that is what your insurance allows).

Using deodorant:

- [ ] Use deodorant daily.

Shaving:

- [ ] If you do not have (or want) facial hair, shave daily. If you have facial hair, groom it regularly -- tips are at https://www.beards.org/grooming.php.

Hair-cutting:

- [ ] Make a hair appointment.
- [ ] Get your hair cut at least monthly (if you prefer short hair) or every three months (if you prefer long hair).
- [ ] Be able to explain the style you want to the barber or stylist.
- [ ] Tip your barber or stylist.

Trim nails:

- [ ] Trim your nails weekly.

Menstrual:

- [ ] Keep track of when your period begins and ends each month on a calendar.
- [ ] Make sure you have pads or tampons with you if your period is due to start within the next 3 days.
- [ ] Know how to take care of stained sheets or underwear. Tips are at: https://www.intimina.com/blog/remove-period-stains/. Do not leave a bathroom where stained items are soaking when you have guests, unless you can do it in a bathroom they are not using.
- [ ] Know when to see a doctor about period related issues. Read more at: https://www.webmd.com/women/features/when-your-period-signals-problem.

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