

Look After your body

Personal Hygiene

Resource Pack

Accessible educational resource and learning information to support you with looking after your body for adults with a Learning Disability.

Devised by the Community Team for Learning Disabilities (HMR)



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Part 1 - Importance of keeping clean

How do we keep clean?

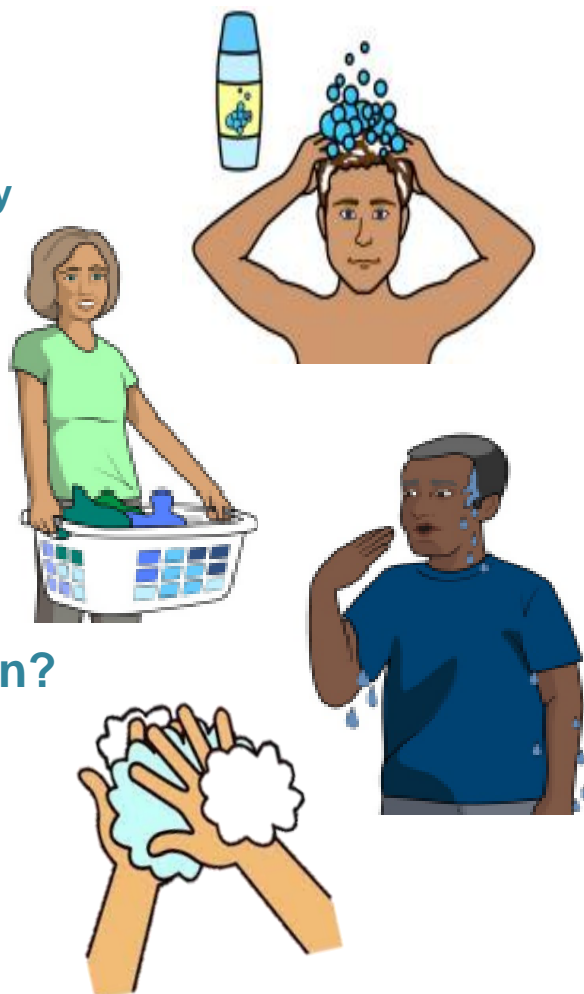
By washing ourselves at least once a day

By wearing clean and dry clothes.

By brushing teeth daily

By taking care of nails and hair.

By regularly washing hands



Why it is important to keep clean?

To prevent risk of infection

To prevent spots and acne

To prevent spreading of disease

To stop sore teeth and bad breath

To prevent body odour – bodies sweat and sweat makes us smell

Practising good personal hygiene every day is important to keep your body healthy and clean.

Poor hygiene can be an indicator of worsening physical health.

An individual with depression may lack the motivation to attend to personal cares.

Dementia is common cause of poor hygiene due to forgetfulness.

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Part 2 - Looking After Your Hair

Why do you need to wash your hair?

If you do not wash your hair, it can get very greasy and matted.

The skin on your head can get itchy and flaky.

Clean hair looks and smells better



How often should you wash your hair?

Everyone's hair is different

Wash your hair using shampoo

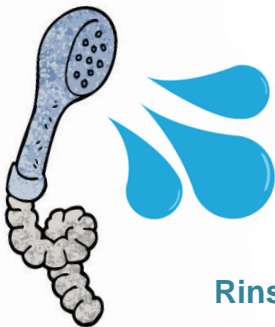
Some people have greasy hair and need to wash every couple of days

Other people need to wash their hair once a week

It is common for people to use conditioner to stop hair getting too dry

It is important to find out your hair type and the best products to use

Over washing removes natural oils from scalp and cause hair/ scalp to be too dry



How to wash your hair?

Wet hair with warm clean water

Put shampoo in hand and rub into hair

Rinse shampoo out of hair making sure no product is left

Towel dry hair

Comb / brush it then use hair dryer if want



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How often to brush hair?

Brush hair twice a day - morning and night

This helps to spread natural oils on scalp

Replace your hair brush every 6 months



When to cut and why cut hair?

Everyone's hair is different!

Some hair needs cutting every 6 weeks to keep style, others longer

Recommended no longer than 6 months between cuts to keep hair healthy

Common scalp and hair conditions

-bacterial infection of hair follicles

-infestation of head lice

-Fungal infection of scalp ringworm

-Itching and excessive flaking of the scalp is seen with both dandruff and psoriasis



Appendices



Keep Yourself
Healthy Mens Guide t

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www.penninecare.nhs.uk





Part 3 - Looking After Your Eyes

Why do you need to look after your eyes?

Adults with learning disabilities are more likely to have serious sight problems than the general population. People with learning disabilities may not be able to communicate any changes in eyesight.



Regular vision check-ups

Going to the opticians regularly is important as our eyes don't often hurt when something is wrong. Vision check-ups are carried out by optometrists; your eyes should be checked every two years to ensure they are healthy.

Importance of vision check-ups

Having an eye test can pick up early signs of eye conditions before symptoms are present. Conditions such as diabetes or high blood pressure are often first diagnosed through eye tests. Most eye conditions can be treated and well managed if found early enough.

Common eye disorders

- Age related degeneration
- Styes
- Conjunctivitis
- Cataract
- Diabetic retinopathy
- Glaucoma
- Amblyopia
- Strabismus



Glasses

Glasses are prescribed to help with Blurry vision. If you have glasses, it is important that you wear them as this helps to correct poor vision.

Eyelashes



We have eyelashes to protect the eyes from small particles such as dust or dirt from entering or harming the eye.

Side effects of medication



Medication has several different effects on your eyes. These can be temporary effects such as blurred vision or double vision.



Part 4 - Looking After Your Ears

Why do you need to look after your ears?

Our ears are an important way we communicate by hearing what people have said to us and if they are not looked after properly, they might not work properly, and we might then miss vital information or become frustrated as we miss what is going on around us.

Our ears are very delicate and have narrow canals and fine membranes

Someone with Down Syndrome will have narrower ear canals and this can make them more difficult to clean



Cleaning your ears

You may have dry skin in your ears, and this can flake off and can trap dirt. There are also small hairs in the ear canal that can also trap dirt



When we get a build of wax or dirt our ears can begin to smell which may mean an infection and, in this case, you will need to see the GP for some antibiotics.

DO NOT put anything down your ears to clean them like cotton buds, hair clips, matches, pencils, pen tops, paperclips.

When having a shower use soap and water on your finger or flannel and gently wipe around. After having a shower tip your head to one side and shake your head ensuring the water has a chance to come out. Use the corner or a towel or some tissue to dry the ear canal.

A Build-up of wax

USE olive oil – a couple of drops of an evening will soften the wax and it will remove itself or when in the shower.

If there is a lot of wax it may need removing – see the local pharmacist. There are various products over the counter that can be used.

If this has not helped ask your GP for a referral to Audiology

Sometimes it is possible to have your ears syringed by the Audiologist. Sometimes you must pay for it privately – most Opticians now provide this service



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Is your hearing getting worse?

Are you missing parts of conversations? Are you saying `What` or `Pardon` a lot? Do you have the TV on very loud – so that others may comment? Do you jump when you suddenly realise someone is next to you as you have not heard them approach you?

Ask your GP for a referral to Audiology. This is where you will have a hearing test to see what is happening and whether you need Hearing Aids.

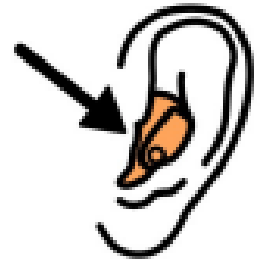
If you have Hearing Aids, PLEASE wear them. Keep them clean and have them checked regularly. PLEASE attend any Audiology Appointments as they are important to make sure you have good hearing.

Noises in your ears? Rushing sounds? Ringing sounds?

Listening to loud music or being in a noisy place for a long time can cause your ears to ring.



You may have Tinnitus. Speak with your GP



Do you have your ears pierced?

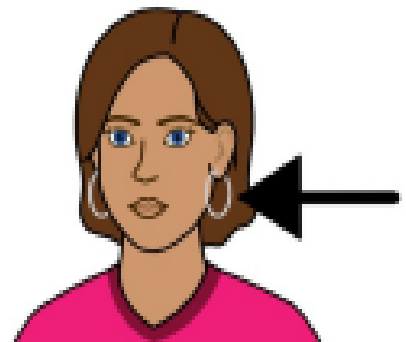
If you have not worn earrings for a long time the chances are your holes have closed and may need re piercing.

If you always keep your earrings in, make sure you regularly wash your ears and turn the earrings whilst in the shower

Regularly check your piercings for infections



Social_care_staff_sup Keep-Yourself-Health
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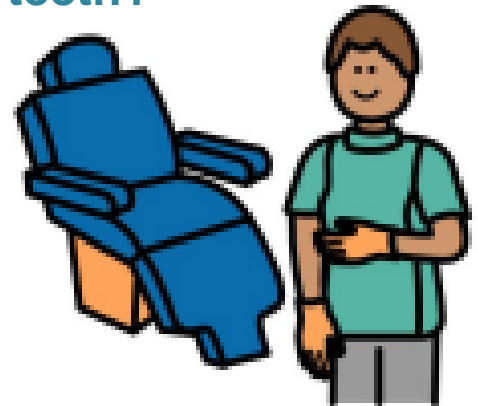
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Part 5 - Mouth and Teeth

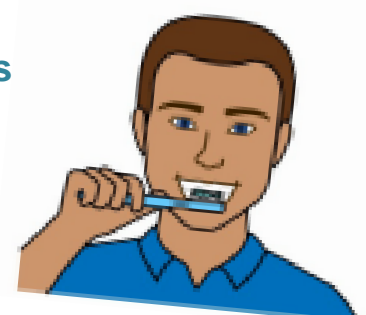
Why do we need healthy mouth and teeth?

- To eat properly
- To talk clearly
- To make expressions
- Teeth make us look good!



How to keep mouth and teeth healthy

- Brush teeth twice a day morning and night
- Drink plenty of fluids - milk is better than sugary drinks
- Eat healthy - sandwich is better than sweets
- Visit the dentist every 6 months



What happens if the mouth and teeth are not looked after?

- Germs known as plaque sticks to teeth and gums
- Tooth ache
- Teeth can fall out
- Bad Breath
- Gums become red and bleed when brushed
- Mouth cancer



Smoking is bad for your teeth.

Smoking can make teeth appear yellow and cause a build-up of plaque and gum disease





Part 6 - Looking after Nails and Toes

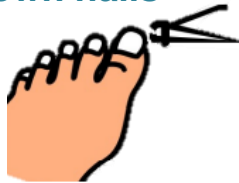
Why we must look after our nails

Looking after our nails can help in preventing fungal infections, ingrown nails and reduces the risk of infection of the skin, hands, or feet. Looking after your nails can also improve the appearance of your hands.



Common nail conditions

- Injury
- Infection
- Skin disease
- Fungal infection
- Ingrown nails



Cutting and filing nails

Long nails build up more bacteria than short nails. Keep your nails short and trim them often to prevent the spread of infections and so that you do not scratch yourself or others. Nail clippers, files and nail brushes are used to shape nails. Ask someone to help you if you are struggling.

Toenail care

It is important that we look after our feet as well as our hands. Our toenails can have issues such as thickened nails, fungal infections, corns, and calluses, verruca's and athlete's foot.



Podiatry

Podiatrists are healthcare specialists who help with problems affecting the feet and lower legs. A podiatrist can help diagnose foot problems and help with treatment.

Drying

It is important that you dry yourself properly after showering, especially in between the gaps of our fingers and toes to prevent issues such as athletes' foot.

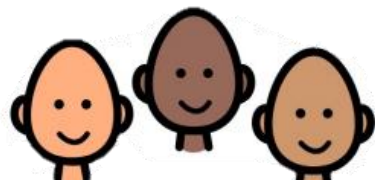
Painting

Some people like to paint their nails or get them done at a salon as a symbol of self-care and expression. This can help to improve appearance.

Moisturising

Moisturising your hands keep the area hydrated and prevents skin from cracking.





Part 7 - Skin

Why do we need to keep our skin clean?

As we are active – we sweat, and this breaks down into bacteria that can cause us to smell, and it can cause infections



How do we do this?

Have a wash, shower, or bath at least once a day and again if exercising or being active.



Dry thoroughly after each wash to prevent rashes and sores. Remember to dry between your toes and where the skin folds.

Use deodorant or anti-perspirant after every washing and drying.

Be aware body spray is not the same and only masks smells and not prevents sweating

Do not use talcum powder in sensitive skin areas and private parts

Other ways to keep our skin healthy

Drink at least 8 glasses of fluid a day – preferably water as this helps to hydrate our skin

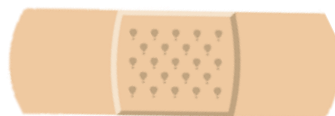


We need to change our position in bed and chair regularly to allow our skin to breathe. We need to move around regularly to enable our body to function and keep healthy

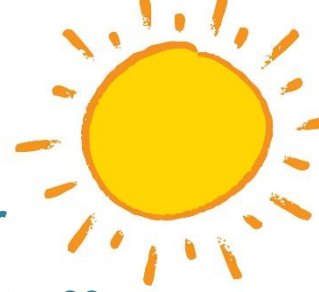
If our skin is dry it causes itching and rashes which encourages us to scratch and can cause open wounds therefore, we need to moisturise daily after our washing and drying



Open cuts need washing and a plaster applied to prevent infection entering the cut



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Keeping your skin healthy during Summer

During the summer we need to apply sun cream, at least factor 30, daily to prevent sunburn – sunburn can happen even on cloudy days.



Some medications can make your skin more likely to burn, so you need at least factor 50

Changes in Skin

Check moles and freckles regularly to see any changes in shape, size, colour, or bleeding.

If you have any concerns about moles or freckles - contact your GP



Mole



Changing Mole

Conditions related to the Skin

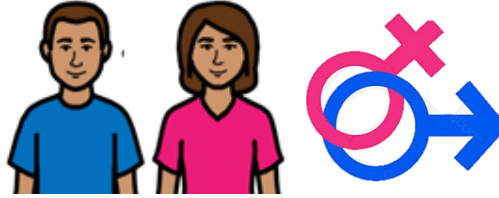
If you have allergies you are more likely to suffer with eczema – this needs regular reviews with your GP. Use any cream prescribed and try not to scratch the affected area.

If your legs and/or ankles are swollen (oedema) this can be a symptom of another health condition – please contact your GP

If your legs become too swollen, the skin can begin to crack and become infected – Cellulitis this can lead to Sepsis



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Part 8 - Male and Female Health

Why do we need to keep our private areas clean and healthy?



- To prevent the risk of cancers
- To prevent our bodies smelling
- To prevent infections



How do we do this?

Check for lumps and bumps or any changes on our breasts - both Men and Women

Check for lumps and bumps or any changes on our testicles

Get to know the normal shape and size of our bodies so we can note any changes, do this regularly weekly whilst washing and drying. It helps to do this in a mirror

Check for any discoloured or smelling discharge from penis, vagina, or nipples

Any changes or concerns about lumps bumps and discharge?

If so, please see your GP

During periods/menstruation it is important to wash frontal area regularly and change sanitary wear and clothing. Change pads at least twice a day and before going to bed. Pads will leak if left on all day. Pads will begin to smell if left on all day

Please wash underarms and pubic hair daily. It is your choice whether you shave your armpits. Lack of underarm hair is easier to keep clean

For information around sexual health - see sex and relationship resource pack

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Part 9 – Clothes



Why is it important to keep our clothes clean and tidy?

So that we smell, look, and feel fresh

To prevent the spread of infection and germs

How do we do this?

Changing clothes daily

Regularly washing our clothes



Look in the mirror before going out

Are your clothes/shoes clean?

Are your shoes on the right feet?

Are your clothes/shoes in good repair?

Do your clothes/shoes fit, do your clothes/shoes match?



If not – change your clothes before going out or greeting others.

Washing and drying

Wash clothes regularly using washing powder and softener

Dry clothes immediately – clothes can begin to smell when left wet

Coats also need washing but not as often as clothes

Check clothes and coats regularly for stains, rips, and repairs. If they cannot be repaired throw them out.

When you have gained or lost weight check your clothes still fit, if not buy some new ones

If you smoke, please be aware your clothes will smell of tobacco





Part 10 - Sleep

Why is it important to get a good night's sleep?

So that your mind is awake and ready for the next day

So that your body has a chance to relax and repair from the day's events – our bodies need to rest and recover



How do we do this?

Recommended 8 hours of sleep per night

Go to bed at the same time and get up at the same time

Switch off TV, Phones, iPad, and Laptops an hour before bed



Do not drink too much caffeine/alcohol throughout the day

Do not drink too many fluids in the evening as you will have disturbed sleep constantly going to the toilet



Fresh clean bedding helps to improve sleep



Pillows need changing on a regular basis. There are different types of pillows, make sure they are suitable for you

Duvets need washing and changing regularly

Mattresses need changing every 8 years. There are different types of mattresses, make sure it is suitable for you

Try not to have daytime naps and if you find you are sleeping at odd hours – please visit your GP

If struggling to sleep it may be Insomnia, sleep apnoea or narcolepsy – please visit your GP.



Certain conditions and certain medications can affect your sleep

Use latest sleep monitoring apps such as Apple Watch or Fitbit

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Part 11 - Relax and Mindfulness

Why is it important to relax?

To give our bodies and minds times to relax, recover, rest and recuperate

How do we do this?

Take time out to do what you want to do

Get enough sleep

Eat and drink healthily

Meditate/yoga

Look after your Mental Health

You can do simple things at home – turn tv off, sit in a quiet room, read a book, listen to music, have a foot spa, have a brew and a chat,



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