

Session Two

Personal Care Skills

ILS series

Introductions

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Outline of session

- Importance of personal care skills
- Age and stage appropriate tasks
- Methods, techniques and equipment
- Resources
- Questions

Why is personal care important

- Gives them autonomy over their bodies
- Enables them to have privacy
- Prepares them for living independently as adults
- Skills need to be introduced in stages and built up over time
- direct concrete experiences
- Builds confidence, self-reliance and self-esteem
- Bridges the gap between the CYPVI and their peers

Early years

- Washing hands and face
- Start brushing teeth
- Identifying front and back of clothing
- Dressing and undressing
- Toilet training
- Wiping



Primary School

- Brushing teeth
- Washing face
- Independently showering
- Dressing skills
- Fastenings- buttons, zipper, clasps
- Tying shoes



Secondary School

- Independently choosing clothes to wear
- Shaving
- Make-up
- Skin care
- Jewellery
- Sanatory skills
- Tying a tie



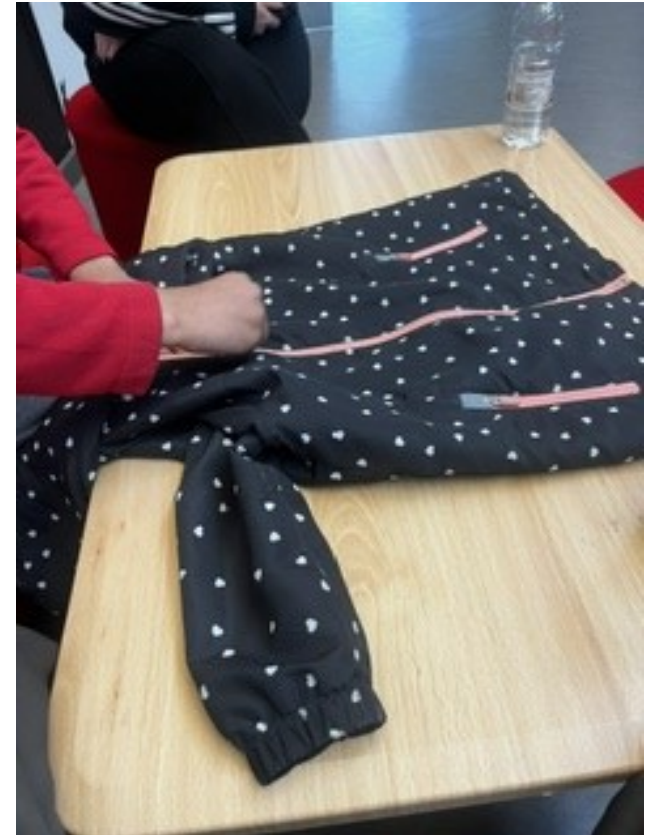
Methods, techniques, and equipment



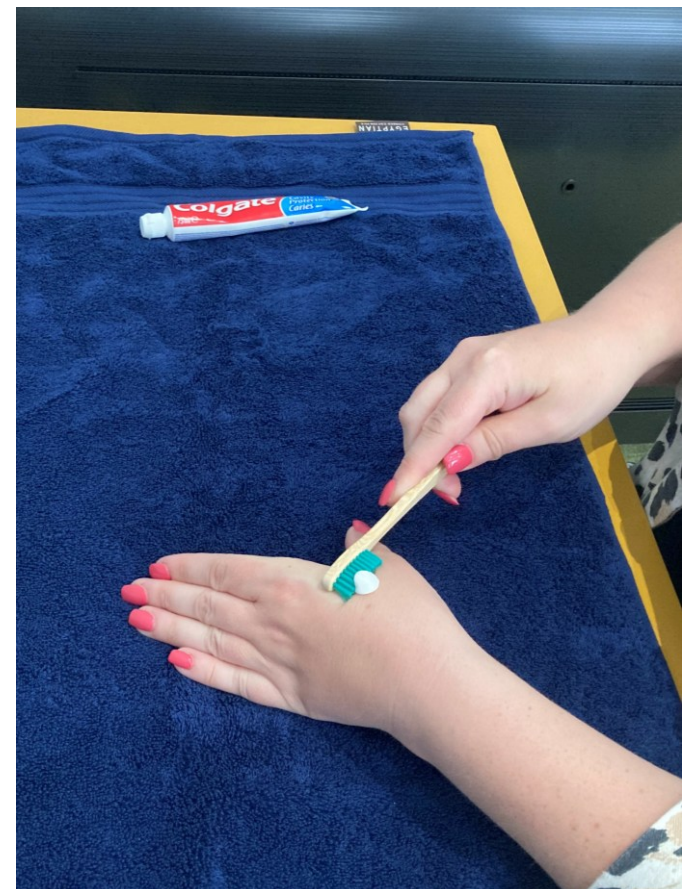
Early years: Dressing Activities



Fastenings- buttons and zips



Brushing teeth



Preparing to Tying Laces

- Use arms and hands to mimic the technique
- Practice tying with washing line
- Use clothes pins to build pincher grip.
- Use laces that are different in colour and texture.



Learning and Practicing- Tying Laces



Methods for Tying Laces

A video and a handout outlining the steps for two different methods for tying laces will be available to participants.

Two Bunny Ears Method Adapted



Benefits

- Tactile
- Easier to position and handle the bunny ears

Considerations

- Requires shoes with an extra hole at the top

Gate Method



Benefits

- Tactile
- Few steps and handling required

Considerations

- Alignment is essential for this to work

Useful equipment and products

- [Accessible safety razor](#)
- Elastic bands
- Different styles of bags- clear bags
- Key rings and zip identifiers
- [Make-up blender sponge](#)
- [Etia London- accessible make-up brand](#)
- [Period pants](#)
- [Caterpillar laces](#)
- [Jewellery tree](#)
- [Dressing Cards](#)

Technology

- Timer
- [Meta glasses](#)
- [Seeing AI](#)
- [Colour detector](#)
- Electric toothbrush
- Electric razor

Useful instructional resources and videos

- [Tying shoe laces for students with visual impairment](#)
- [Shaving tips for visual impaired](#)
- Make-up tutorials:
 - [Lucy Edwards](#)
 - [Molly Burke](#)
- Tying ties:
 - [How to tie a tie as a blind person](#)
 - [AMI Blind Life Hack: how to tie a tie](#)
 - [Tying a tie in 10 seconds](#)
- [OT Parent Self Help website](#)

Resources

- [VI Tool Kit](#)
- [Supporting Life Skills for Children and Young People with Vision Impairment and Other Disabilities An Early Years Habilitation Handbook- Fiona Broadley](#)
- [Supporting Life Skills for Children and Young People with Vision Impairment and Other Disabilities A Middle Childhood Habilitation Handbook- Fiona Broadley](#)
- [Developmental Journal for Visual Impairment](#)

Questions



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