

**Area of care: Personal care**

**What care and support needs do I currently have?**

Due to arthritis and reduced eyesight I am not able to fully manage my personal care. I need help with washing and dressing, although I like to choose my outfits and perfume. I need help washing my hair and bathing.

I like to have a bath and wash my hair twice a week. I use Dove bath cream and I wash my hair using Pantene. These are in the cupboard in my bathroom. Other products can irritate my skin.

I am visited by my hairdresser, Jayne, every week. She sets my hair every Friday afternoon at 4pm. I really enjoy visits with Jayne and she often gives me inspiration on my outfit choices.

I like to wear nail varnish, but I find it difficult to hold the bottle, so I need some help with this.

**What are my desired outcomes?**

1. I would like to be clean and dressed in an outfit of my choosing every day. I would like to have my nails painted and wear my favourite perfume.
2. I would like the staff to respect my dignity and ensure my privacy at all times during personal care.

**How do I want staff to support me to achieve my desired outcomes?**

I need help and support from one carer with most aspects of personal care and to ensure that doors and blinds are closed when it is taking place. I am a very private person.

I would like staff to be there while I wash and dry my face, hands and underarm areas. I need help with washing and drying other areas.

I would like carers to check my fingernails and assist me to keep them neat, clean and short. I prefer staff to use my emery board rather than nail clippers. I would like a carer to help me to have a bath and hair wash twice a week (preferably on a Monday evening and a Friday morning). I can get anxious using a bath chair I so need verbal reassurance.

I would like to continue with my weekly visits from my hairdresser Jayne and regular feet checks to make sure my toenails are OK.

I need staff to tell me if these plans change.