

# Times when adults need to be reminded about personal care



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How to make an individual aware of the effects of poor hygiene on others

Personal hygiene is a topic often brought up during the pre-teen and teen years when a youngster's body is developing. However, there are times when adults need to be reminded about personal care as well. When subtle hints about showering or using deodorant have no effect, a conversation is the next step. This conversation can be uncomfortable for us and the resident but it doesn't need to be.

With some preparation and a few helpful props, we can talk to someone about personal hygiene and help him implement improvements. Step 1 Begin the conversation with a compliment, such as making note that the individual's hair looked very clean the previous day. Continue the conversation by stating the poor hygiene that we have noticed. Will use words like, " I have noticed" instead of " You don't. " Simply identify the problem area for the individual, whether that is showering, oral hygiene or something else.

Step 2 Continue the conversation by discussing the personal care steps the individual seems to be skipping. If this appears to be a shower, will ask the individual when she/he showers regularly or if she/he had time to shower that day. Step 3 Evaluate the individual's response as to why the hygiene step has been skipped. If it wasn't skipped, then the next step would be to discuss how to do it correctly. Will provide a demonstration if possible or offer the correct hygiene products to fulfil the task.

Step 4 State our concern over the individual's hygiene. Phrase the concern carefully and use caring words. Step 5 Will offer the individual the personal care item she/he may be lacking, such as deodorant or mouth wash. Step 6 <https://assignbuster.com/times-when-adults-need-to-be-reminded-about-personal-care-personal-essay-samples/>

Will end the conversation by affirming the person. This can be done by stating how much we care for him/her, assuring that this hygiene issue doesn't change our relationship or helping him/her devise a personal care plan. Step 7 Will ask if the individual has any questions.