

## **9.6 PERSONAL CARE ASSISTANCE**

Whenever practical, necessary or requested assistance in the following matters should be provided by an employee of the gender preferred by the individual

- dressing and undressing,
- menstrual care,
- bathing and showering.

When assisting an individual with their personal hygiene, employees should follow these guidelines:

- Make every effort to ensure that an individual is helped by an employee of the gender of the person's choice.
- Respect the individual's dignity at all times.
- In public, youth and adults should be supported in washrooms or showers or their gender or a private room.
- Do not leave individuals who take anti-convulsant medication unattended in the bathtub.
- Know and use proper techniques to assist or lift an individual from the bathtub or shower.
- Know how to use special equipment provided for individuals such as bathtub lifts.