

# **HORIZONS - Camp**

## **Chapter 8: Summer- Assisting a Person with Personal Care**

### **Policies and Procedures Manual**

***"One Person Can Make A Difference"***

Effective: June 1, 2017

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**#1 Technique with campers in any situation:**  
**Talk to the camper!**

**ACTIVITIES OF DAILY LIVING (ADLs)**

**ACTIVITIES OF DAILY LIVING ARE:**

- ♦ Eating
- ♦ Dressing/Undressing
- ♦ Brushing Teeth
- ♦ Showering
- ♦ Combing/Brushing Hair
- ♦ Washing Face
- ♦ Toileting
- ♦ Washing Hands
- ♦ Distinguishing Clean/Dirty Laundry
- ♦ Making Bed/Area Clean
- ♦ Using Sanitary Napkins
- ♦ Unpacking
- ♦ Shaving
- ♦ Sunscreen Application
- ♦ Washing Hair

# **HOW MUCH WE SUPPORT OUR CAMPERS**

## **Least level of support**

*The following is an example of least amount of support for assisting a camper to take a shower:*

- ◆ At the bare minimum with the most independent camper, the counselor will:
  - Turn on and adjust the water temperature before the camper gets in the shower.
  - Check water periodically; be aware of other water usage (flushing toilets, sinks, etc.)
  - Scan the floor in the shower area for wet slippery spots.
  - Be physically present in the shower area.
  - Check in frequently with the camper (verbal or peek-in)
  - Be aware of:
    - camper wearing clean clothes
    - drying off thoroughly (behind ears, between toes, groin)
    - checking for bruises, rashes, bites, etc.
    - hair is rinsed well
    - towel is hung up to dry (bathing suit)
    - camper is using all toiletries brought (lotions, conditioner, powder, special shampoo/soap)
    - clean shaven
    - camper needs to use the bathroom

## **Moderate level of support**

*The following is an example of moderate amount of support for assisting a camper to wash underarm:*

- ◆ Generally involves some level of verbal prompts, physical prompts and modeling
- ◆ Includes all in the least level of support, plus what is below:
  - Verbal prompt
    - **Camper name**...“Go ahead and wash under your arms.”
  - Verbal prompt w/model
    - **Camper name**...“Now you can wash under your arms” while demonstrating washing with one hand while raising the other arm. “Great, keep going”
  - Physical prompt (wear gloves)
    - Lightly guide camper’s hand toward underarm.
    - Maintain contact on camper’s elbow while he/she washes underarm.
    - Hold camper’s other arm up while he/she washes underarm.

- Hand-over-hand
  - Place your hand over camper's hand and help him/her wash under arm.

***Each person is unique! Be sure to read through the grouping/information you receive on each of your campers. If you have a question, please....it's important....ask us!***

### **Greatest Level of Support**

***The following is an example of the greatest amount of support when hand over hand assistance is required:***

- ◆ Includes all in least level and moderate level plus what is below:
  - Most likely will include hand-over-hand assistance for the following ADLs (Activities of Daily Living):
    - wiping (gloves)
    - showering (gloves)
    - dressing and undressing with soiled clothes (gloves)
    - brushing teeth (gloves)
    - taking camper to the bathroom on a regular schedule; after each program, every hour, etc.
- ◆ For campers who require this level of assistance, the goal is still to allow the greatest possible level of independence through:
  - choices (this shirt or this one)
    - putting the shirt over the camper's head and having him/her pull it on
    - pulling pants up halfway and having the camper finish

Always remember that while allowing a camper the greatest independence possible, Activities of Daily Living for certain campers may require you doing it.

***Health and hygiene of our campers is a #1 priority.***

## ***How to assist your camper with their ADL's***

### **HAIRWASHING**

*Check your groupings sheet to see what level of assistance is needed. Find out what works with your camper.*

**Talk to your camper!**

- ◆ Identify shampoo bottle
- ◆ Pick up and take to shower
- ◆ Wet hair
- ◆ Open bottle and squeeze appropriate amount
- ◆ Apply shampoo to hair
- ◆ Lather hair well
- ◆ Rinse hair thoroughly
- ◆ Put supplies away

***Talk to the camper throughout, while providing assistance.***

### **PUTTING ON SHIRT**

*Check your groupings sheet to see what level of assistance is needed. Find out what works with your camper.*

**Talk to your camper!**

- ◆ Give direction, "We are going to get dressed now."
- ◆ Specify article of clothing (shirt)
- ◆ Counselor gives camper choices, "Would you like to wear the red or blue shirt?"
- ◆ Camper chooses shirt
- ◆ Put on shirt
- ◆ Orient shirt
- ◆ Put head in shirt
- ◆ Put arms in holes
- ◆ Pull shirt down
- ◆ Straighten shirt
- ◆ Tuck in shirt

***Talk to the camper throughout, while providing assistance.***

### **BRUSHING TEETH**

*Check your groupings sheet to see what level of assistance is needed. Find out what works with your camper.*

**Talk to your camper!**

- ◆ Find toothpaste and toothbrush
- ◆ Wet toothbrush
- ◆ Open tube and squeeze appropriate amount of paste
- ◆ Put brush in mouth
- ◆ Brush teeth (front/back/top/bottom/in/out)
- ◆ Spit/rinse mouth with water

***Talk to the camper throughout, while providing assistance.***

- ◆ Rinse toothbrush
- ◆ Put supplies away

## DEODORANT

*Check your groupings sheet to see what level of assistance is needed. Find out what works with your camper.*

**Talk to your camper!**

- ◆ Ask if camper has used deodorant today
- ◆ Identify location of deodorant (camper)
- ◆ *(Verbal)* If he/she isn't taking the top off, prompt "Let's take off the top"
- ◆ *(Verbal with model)* "Let's take the top off" while gesturing
- ◆ *(Physical prompt)* Light touch on elbow, hand point to top
- ◆ *(Hand-over-hand)* Place hand over camper's hand-take off top if he/she doesn't begin to use
- ◆ *(Verbal)* "Go ahead and rub it under your arm"
- ◆ *(Verbal with model)* "Go ahead and rub it under your arm" while performing movement
- ◆ *(Physical prompt)* Light touch on elbow, hand point to top
- ◆ *(Hand-over-hand)* Place hand over camper's hand -take off top if he/she doesn't begin to use
- ◆ *(Other arm)* Putting top on/away

***Talk to the camper throughout, while providing assistance.***

## WASHING HANDS

*Check your groupings sheet to see what level of assistance is needed. Find out what works with your camper.*

**Talk to your camper!**

- ◆ Determine that hands are dirty
- ◆ Give direction to wash hands
- ◆ Get towel
- ◆ Go to sink
- ◆ Turn on water
- ◆ Check temperature of water
- ◆ Place hands under water
- ◆ Squeeze soap on hands
- ◆ Rub hands together for lather
- ◆ Wash between fingers and around nails
- ◆ Rinse hands until soap is completely off
- ◆ Turn off water
- ◆ Dry hands with hand towel
- ◆ Hang up towel on hook

***Talk to the camper throughout, while providing assistance.***

## WASHING FACE

*Check your groupings sheet to see what level of assistance is needed. Find out what works with your camper.*

### **Talk to your camper!**

- ◆ Identify the need to wash face
- ◆ Give direction "It's time to wash your face"
- ◆ Locate the soap and washcloth
- ◆ Carry materials to sink
- ◆ Set materials in appropriate place
- ◆ Turn on water
- ◆ Check water temperature
- ◆ Pick up washcloth and wet it
- ◆ Wet face with washcloth
- ◆ Lather soap onto washcloth
- ◆ Scrub face Rinse cloth and wring out
- ◆ Rinse face
- ◆ Dry face
- ◆ Put supplies away

*Talk to the camper throughout, while providing assistance.*

## COMBING/BRUSHING HAIR

*Check your groupings sheet to see what level of assistance is needed. Find out what works with your camper.*

### **Talk to your camper!**

- ◆ Find the brush
- ◆ Remove barrettes, headbands, ponytail holders, etc.
- ◆ Pick up brush by the handle with bristles facing toward head
- ◆ Lift brush and place bristles in hair
- ◆ Brush from front to back or down
- ◆ If needed move head to side for greater reach and mobility
- ◆ Repeat : brush from front to back or down..... and move head....
- ◆ Style hair
- ◆ Clean brush if necessary (pull hair out of it)
- ◆ Put the brush away

*Talk to the camper throughout, while providing assistance.*

## SHOWERING

*Check your groupings sheet to see what level of assistance is needed. Find out what works with your camper.*

### **Talk to your camper!**

- ◆ Collect everything: shampoo, soap, towel, washcloth, etc.
- ◆ Take clothes and shoes off
- ◆ Put dirty clothes into bag
- ◆ Put on bathrobe, flip flops (thongs)
- ◆ Check if need to go to toilet

*Talk to the camper throughout, while providing assistance.*

- ◆ Put toiletries in shower
- ◆ Turn water on
- ◆ Test temperature, pressure
- ◆ Step in the shower
- ◆ Rinse off body
- ◆ Take soap out of dish
- ◆ Wet washcloth
- ◆ Lather soap on washcloth
- ◆ ***Give verbal prompt, modeling, physical, hand-over-hand assistance working along the continuum for each body part:***
  - Face, behind ears, feet, neck, arms, underarms, chest, between legs, etc.
- ◆ Rinse
- ◆ Wring out washcloth
- ◆ Turn off water
- ◆ Recap bottles
- ◆ Put soap in dish
- ◆ Step out of shower
- ◆ Dry off
  - using prompts working along the continuum
- ◆ Put on bathrobe

**TALK TO THE CAMPERS WHILE DOING ANY  
SUPPORT!!!**