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Hygiene services

General objective :

To ensure that individuals have the assistance necessary for their personal hygiene.

Specific conditions :

- ◆ no transfer to and from the bottom of the bath tub is made without the use of lifting equipment ;
- ◆ if the client requires assistance getting in and out of the tub or the shower stall, support bars must be installed in the required places ;
- ◆ installation of transfer bench or bath board is necessary for taking a shower in the sitting position ;
- ◆ hygiene care cannot be offered in the tub if steps or sliding shower doors obstruct access ;
- ◆ dressing and undressing take place in a spacious area where movement is not restricted (example : bedroom). For comfort we suggest a bathrobe made of absorbant material.

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Hygiene care

Required accessories or equipment :

- ◆ rubber or non-skid mat inside the tub ;
- ◆ non-skid mat outside the tub ;
- ◆ telephone shower with :
 - ◇ a 1.8 m hose (6 feet) ;
 - ◇ pivotal shower head, integrated or added on ;
 - ◇ a wall mount so that the shower head can be reached in a sitting position (compatible with the pivoting neck) ;
- ◆ three bath towels and two face cloths ;
- ◆ small bench, 8 to 10 inches high (20 to 25 cm), outside the tub - example : the stool by "Rubbermaid".

Hygiene care in bed

Specific conditions apply to hygiene care given in bed.

These conditions are essential to ensure one's personal safety and to prevent accidents.



Tel :

Home Care Program

HOME CARE AND THE SOCIAL FAMILY ASSISTANT
to



ASSIST

individuals manage by themselves with the help of their family, friends and the resources around them



ADAPT

their lifestyles to their current physical abilities



COMPENSATE

for the inability to look after themselves and their homes

Social family assistant

Assists the individual in need and his/her support network :

- to remain functional as long as possible ;
- to minimize disruption of daily routine ;

intervenes :

- when personal, family and/or community resources cannot meet the needs of the individual in his/her surrounding ;
- when the quality of life or the capacity to stay at home is compromised ;

The following services may be offered, as per one's intervention plan :

- direct service to the individual : hygiene care, assistance with meals and assistance with mobility ;
- domestic help : light housecleaning, shopping, laundry service ;
- civic support : finances, forms, contacts, information, referral.

Regulations surrounding home care services

CLSC responsibilities :

- to transmit regulations surrounding home care services ;
- to advise the user of any change in schedule or service plans ;
- to ensure confidentiality is respected ;
- to ensure that the organization of the work and the techniques used to carry it out are safe ;
- to re-evaluate the services as the needs change.

User's responsibilities :

- cooperate, to the extent possible, with the service plan ;
- respect the functions of the social family assistants as well as their service schedule ;
- avoid situations where the safety of the individual is compromised ;
- inform the CLSC if he/she have to be away from home when they are scheduled to receive services.

Safety of the individual

CLSC responsibilities

- determine the equipment required to ensure the autonomy and security of the user ;
- propose safety modifications to the home to prevent accidents.



User's responsibilities

- procure the equipment required to ensure his/her autonomy ;
- ensure that all modifications are made to the home to prevent accidents.