

Personal Care Policy – Regulation 7,10, 12

1. Introduction

Blue Mountain aim to safeguard children, young people at risk of harm. staff when supporting with the intimate care needs of children and young people All staff at Blue Mountain Homes have a duty. Our aim is to provide intimate care for all children and young people providing dignity and respect to their race, gender, sexuality, and cultural beliefs. Blue Mountains Homes will work with the family's, social workers to understand the child's specific needs to ensure that they feel included and supported in the children and young people's Placement plans.

2. Purpose of this policy

The purpose of this policy is to set out guidelines that safeguard young people and staff by providing a consistent approach. Staff providing personal care must be aware of the need to adhere to good child protection and safeguarding practice to minimise the risks for both young people and staff. The aims of the policy and procedure are:

- To safeguard the dignity, respect the rights and well-being of the young people
- To ensure that young people are treated consistently when they experience personal care in relation to their own wishes
- To provide guidance on personal care expectations to staff and to provide clarity on the safeguarding responsibilities for staff and young people concerning personal care
- To ensure that the young people as far as is possible are involved in the planning of their own personal care and are confident that their concerns and their individual needs are considered, this will be clearly detailed in their support plan and risk assessment.
- To ensure health and safety guidelines are always adhered to and the requirements of each individual, in relation to personal care, are met appropriately
- To ensure staff providing personal care are appropriately trained and all staff have enhanced DBS clearance before engaging in any personal care routines.

3. Procedure Definition of Personal Care

What is personal care in childcare?

Personal care can be defined as any care which involves washing, touching, carrying out an agreed procedure to personal areas to care for another person. This may be due to their young age, physical difficulties, medical needs, or special educational needs.

Tasks such as washing, bathing, or cleaning themselves, getting dressed or going to the toilet, hair care, brushing teeth, applying deodorant, dressing, and undressing, washing non-personal body parts, and prompting to go to the toilet.

Intimate care can be defined as: Tasks of an intimate nature associated with bodily functions and personal hygiene and any concerns that may arise of a personal nature. Intimate care is any care which involves washing, touching, or carrying out an intrusive procedure to intimate personal areas.

Self-care is when a young person may need some help or support to care for themselves and guidance on the facilities available for storage or disposal of personal care materials.

Blue Mountain Staff have a responsibility to be aware of and understand the cultural or religious sensitivities related to aspects of intimate care. All children and young people should be treated as individuals, appropriate to their age and stage of development for the purpose of this policy, personal care can include:

oral care, washing, dressing/undressing, toileting, menstrual care, supervision of a child involved in intimate self-care, applying prescribed creams and ointments, brushing hair.

Relevant laws and regulations staff are to follow:

- Children Act 1989, 2004
- Equality Act 2010 •

The Children's Home Regulations 2015

- Mental Capacity Act 2005

4. Principles of personal care

Children with additional needs can be especially vulnerable. Staff involved with their intimate care need to be sensitive to their individual needs. If a child needs help with intimate care, arrangements must emphasise the child's **dignity**.

During times of personal care, it is important the Staff close the bedroom door and Bathroom door when delivering personal care.

- **Every child has the right to be safe.**
- **Every child has the right to personal privacy.**
- **Every child has the right to be valued as an individual.**
- **Every child has the right to be treated with dignity and respect.**
- **Every child has the right to be involved and consulted in their own intimate care to the best of their abilities.**
- **Every child has the right to express their views on their own intimate care and to have such views considered.**
- **Every child has the right to have levels of intimate care that are as consistent as possible.**

Blue Mountain Staff involved with supporting personal care need to be sensitive to the children and young people's individual needs for example within the child or young person plan it may stipulate how this is communicated to them in a form they understand. Such as visual aid or Makaton to enable the child or young person to be able to do their personal care.

Blue Mountain Homes encourage a child's independence as far as possible in his / her personal care. Where the child is fully dependent talk with them about what is going to be done and give them choice, every child and young person has the right to consent.

Delivering personal care staff are to remember.

- **To ensure effective communication: using verbal, Makaton, visual aids**
- **Use simple language and repeat if necessary.**
- **Wait for response.**
- **Continue to explain to the child what is happening even if there is no response. Treat the child as an individual with dignity and respect.**

If the child appears distressed or uncomfortable when personal care tasks are being carried out, the care should stop immediately. Try to observe and understand why the child is distressed and provide reassurance. Staff to ask for support during time a child or young person is distressed.

Children within Blue Mountain Homes may require additional support with toileting and on may soil or urinate this can be due past trauma experiences or additional needs.

Blue Mountain supports the children and young people with Respect and Dignity Staff are not to treat it as the fault of the child or apply any form of sanction.

Staff are to support the child to be cleaned and remove any soiled bedding and clothes.

Staff are to record in the child's Daily Record; this supports the children and young people's Health and Wellbeing staff can monitor for any signs of infection or illness.

For Any Soiled Clothes this is to be placed in a red bag and washed at 90 degrees

Pads are to be disposed of as clinical waste.

Local Authority offer a free clinical waste collection by completing a clinical waste assessment form online. www.gov.uk/clinicalwaste

Bathroom Mops are Red located in COSHH cupboard.

3.Safeguarding the children and young people

Reporting a safeguarding concern

If you observe any unusual markings, discolouration's or swelling including the genital area, **report following Blue Mountains Safeguarding procedures.**

Body Map any marks DO Not include personal opinions

Inform Homes Manager & DSL

Care Director Margaret Smith, Area Managers Ben Simpson, Donna King, Carolyn Harrison

As set out in regulations 31-33, The registered person is responsible for maintaining good employment of practice. Recruitment staff have an enhanced **DBS** this is reviewed every three years.

It is the Senior / Management responsibility to ensure supervision and performance management of staff safeguards children and minimises potential risks to them.