



Tips for Personal Care...

- Some autistic people may find aspects of personal care such as having their hair brushed; showering; bathing; and tooth brushing difficult to cope with.
- For some people, a familiar routine may be helpful – this could include having a set time for particular personal care activities. Doing personal care activities the same way, and with the same equipment each time. Or with the same people in the same places.
- Being a detective and finding which combination of factors works best for you and your family can help make personal care tasks less challenging.
- Some people find taking an unconventional approach works for them. E.g. Brushing your teeth may feel overwhelming in a brightly lit and smelly bathroom, whereas sitting in your favourite chair brushing your teeth while the adverts are on during a TV programme may be more acceptable.



- Many personal care activities involve our senses:
 - Toothpaste can taste and smell minty, and feel cool
 - Water from a shower head feels very different to soaking in a bath
 - Getting undressed can create pleasant or unpleasant tactile sensations
 - Some people may find changes in water or air temperature difficult to process
 - Hair brushing can feel extremely pleasant or unpleasant to some people
- Each of us will have different sensory experiences – and these experiences may fluctuate depending on our mood, health, tiredness or the surroundings.
- Planning which clothes to wear can be complicated as our houses are often different temperatures inside, than the outside world. It can be challenging to anticipate what clothes we may need for later on in the day.
- Getting dressed can involve lots of different touch sensations from fabric, changes in temperature, planning what order to get dressed in, and fine motor skills for doing up buttons and fastenings.
- Personal care involves lots of mental and sensory processing – take your time, break tasks down into smaller more do-able pieces, and follow them up with a less demanding activity if possible.