

Personal Care

I look after my own personal care



I need support with washing and/ or bathing



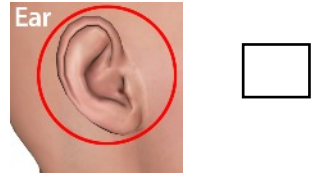
I need support with shaving



I need support with looking after my hair



I need help to clean my ears



I need support with using deodorant



Personal Care

I need support
with cutting my toe
and finger nails



I get help with
my feet from a
podiatrist



I need other
help



Toileting

I need support
with going to
the toilet



I wear a catheter



I wear pads



I get constipation



I get urine
infections easily



Other



Toileting

Medicine I take to help with my toileting



.....

.....

.....

Other information about my toileting needs



.....

.....

.....

Eating and Drinking

I am fed by a tube (gastrostomy) please see my care plan.



My eating/drinking are fine.



I have some problems with eating/drinking



My carers and I need to know about what helps me to eat and drink safely



I have a Care Plan (dated.....) on how I eat/drink



I have guidelines from a Speech and Language Therapist (dated.....)



Eating and Drinking

My eating and drinking needs may change over time, especially if I am ill.

If anyone is worried about my eating and drinking please contact the Speech and Language Therapy Team on:  01202 636174



Things to look out for:

I am anxious about eating and drinking



I refuse to eat or drink



Changes while I eat and drink like:
coughing,
Gasping for breath
Or a wet/gurgly voice



Changes while I eat or drink like:
Face changing colour,
sweating,
or eyes watering.



Eating and Drinking

Food or drink coming back up into my mouth or down my nose



Choking on food going down the wrong way



Having more than 1 chesty illness such as chest infection or pneumonia



Anything else you should know about my eating and drinking, for example my favourite foods:

***Please also check "My Allergies" pages**

Mobility and Posture

I am independent



I use a wheelchair



I need help with transfers



I need special equipment



I wear special shoes



I need special care for my feet



Please read my Postural Management Plan

