



## Intimate Care

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An academy within:



Discovery Academy is committed to providing all children and young people with high levels of dignity and care at all times.

### **Personal and Intimate Care Policy**

While many students at Discovery Academy can manage their own personal and intimate care needs, there are some students who will require help either routinely or occasionally.

### **Definition of Personal and Intimate Care**

Personal and intimate care is any care which most children /young people carry out for themselves, but which some are unable to do due to physical disability, special educational need associated with learning difficulty, medical needs or needs arising from the child/ young person's stage of development.

Students may need help with drinking, eating, dressing, hair care, washing, showering, skin care, changing sanitary wear and toileting,. It may also require the administration of rescue medications and some first aid.

## **Aims of Policy**

- To provide every student with dignity, privacy, respect and a professional approach from all staff in meeting their needs.
- To safeguard the rights, protection and well-being of students.
- To encourage students to become as independent as possible.
- To reassure parents/carers that appropriate provision will be made for the individual needs of their child.
- To make intimate care as positive an experience as possible for both students and staff.
- To provide guidance to staff when supervising or assisting students with toileting, personal hygiene or intimate care procedures.
- To provide staff with protection against accusations of misconduct through a common understanding and agreed procedure.
- Setting the climate for Personal and Intimate Care

## **At Discovery Academy we support every young person as an individual:**

- Take young people's wishes into account as far as is possible in meeting their needs.
- Acknowledge the vulnerability of young people with physical, learning, sensory, emotional and behavioural difficulties.
- Respect the rights of students together with their need for support and assistance.
- Respect and ensure privacy, appropriate to the child/young person's age and situation.
- Allow the students to assist/care for themselves as far as possible.
- Encourage the students to have a positive image of their own bodies.
- Develop students' skills in recognising and understanding appropriate and inappropriate intimate behaviour, and the importance of keeping themselves safe.
- Take into account age, ability, gender, religious and cultural issues.
- Provide care at the point of need and avoid undue delay.
- Use appropriate language for parts of the body and bodily functions.

## **Guidance to staff**

When providing, assisting or supervising individual students with intimate care, staff should, wherever possible ensure that they are within potential sight /hearing of others. Other members of staff may support those providing, supervising or assisting with toileting without being directly involved themselves.

No pupil should be made to feel at fault because of their toileting needs that are as a result of a medical condition or their special educational needs. Staff should reassure pupils that they are 'not in trouble' and that they are there to help.

Staff must conduct themselves in a professional manner at all times and respect the privacy of personal and intimate care situations. They should refrain from discussing these situations unnecessarily with other staff, although some communication about individual student's needs and abilities will be needed to ensure that staff can provide appropriate support.

Personal and intimate care will be provided for students including consideration of staffing requirements (gender, number etc), timing, student and parent wishes, safe manual handling requirements, advice from therapists and medical staff, and training requirements.

Staff must take every precaution to protect themselves from the risk of infections. Protective gloves and aprons must be worn whenever direct intervention is required. Soiled clothing should be placed in the appropriate bag and sent home. Sanitary waste must be disposed of properly in the Hygiene Bins. Changing beds must be sprayed with Sanitiser after each use and staff must change their gloves and aprons and wash and dry their hands thoroughly after each and every procedure. Staff should use personal and intimate care situations to teach students about the importance of hygiene and privacy.

Staff should talk to students throughout intimate procedures using appropriate levels of language in order to explain what they are doing and the reasons in line with Personal Care training provided by Discovery Academy.