

# National Center on Deaf-Blindness



## Transition Activities

### Hygiene Check

#### Topic:

*Hygiene Check* will help your son/daughter develop skills and use the supports that will aid in employment success as an adult.

#### Overview:

It is likely that your son's/daughter's IEP transition plan includes paid work experience and that it is either taking place now or will soon. Hygiene is an important topic as it relates to the work place. Health and safety regulations, working next to others, professionalism and social connections are all affected by personal hygiene.

For this activity, you will find "one more thing" your son/daughter can do independently in terms of hygiene in the morning, make sure he/she understands the process, knows how to do the task, and then expect it. He/she will get ready for school or work using every independent skill he/she has whether it is squeezing the toothpaste or fashioning a hair style. Up the ante in routine expectations.

#### Outcomes for your child's transition development:

Your son/daughter will increase in the hygiene skills that are part of his/her daily routine in preparing for adult life in the community.

#### Activity Directions:

With your son/daughter, go over his/her morning hygiene routine. Chart it—on paper, in a series of sequence boxes, using real items, parts of items, pictures, braille or signs. Indicate the level of support that is needed in the routine.

- Have your son/daughter choose one or two skills he/she wants to get better at; or, decide for him/her based on what you know he/she can do.
- Work on the skill. When he/she has increased independence or decreased dependence on the skill, expect that increased level of function before school and on weekends. Be sure to add in some extra time for him/her to get ready independently.
- Explain "why" good hygiene is important at work; at school and in public.

- Some youth will benefit from a morning checklist. Before going out the door to work or to school, each item on the list needs to be done and checked.

## Resources:

Example Chart: What can my son/daughter do more independently than he/she does right now?

Hygiene Task	With help	By myself
Brush teeth		
Wash hands/face or shower		
Comb hair		
Get dressed		

## Ways to either Simplify or Increase Complexity:

### Ideas for Simplifying Activity

Place hygiene items in front of your son/daughter and ask what sequence he/she wants to use (brush teeth, wash face, comb hair). Ask girls if a special hair style is wanted—she can choose barrettes, headbands, ribbons, and other items.

### Ideas for Increasing the Complexity of the Activity

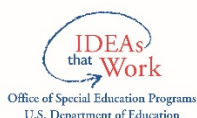
Have your son/daughter set an alarm clock and get up independently to start his/her hygiene routine—even if he/she needs help with parts of it, he/she could get himself/herself to the bathroom and get started.



NATIONAL CENTER  
ON DEAF-BLINDNESS



DEAF-BLIND NETWORK  
TECHNICAL ASSISTANCE ACROSS THE NATION



Office of Special Education Programs  
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