

Intimate Care Policy and Procedures

PLC Learner (Young People aged 16 to 25)

This policy outlines the procedures and standards for conducting intimate care activities. It ensures that all such activities are carried out with dignity, respect, and in accordance with safeguarding protocols.

1. Purpose and Scope

This process outlines the standards and procedures for providing intimate care to PLC learners, ensuring their dignity and privacy are always maintained. To ensure a young person is treated with sensitivity and respect, and in such a way that their experience of intimate care is a positive one. It applies to all staff members involved in the care of individuals who require assistance with intimate and personal care.

2. Definitions

- **Intimate Care:** Refers to any care activity that involves physical contact with the private areas of an individual's body, including but not limited to bathing, toileting, dressing, and personal hygiene which involves washing, touching or carrying out a procedure to intimate personal areas which most people usually carry out themselves, but some young people are unable to do because of their physical difficulties or other special needs. Examples include care associated with continence and menstrual management as well as more ordinary tasks such as help with washing, toileting or dressing.

3. Principles

- **Dignity and Respect:** All individuals receiving intimate care must be treated with the utmost dignity and respect.
- **Consent:** Obtain explicit consent from the individual before providing intimate care. For young person, obtain consent from parents or legal guardians. If the individual is unable to give consent, follow legal and ethical guidelines to ensure their best interests are considered.
- **Privacy:** Ensure privacy is maintained during all intimate care activities. Use screens, curtains, or private rooms as necessary.
- **Choice and Independence:** Encourage individuals to participate in their own care as much as possible, promoting independence and choice.
- **Cultural Sensitivity:** Be aware of and respect cultural, religious, and personal preferences related to intimate care.

4. Procedures

- **Assessment:** Conduct a thorough assessment of the individual's needs and preferences regarding intimate care. To inform parents/carers in how intimate care is administered
- **Care Plan:** Develop a personalised care plan in consultation with the individual and, if appropriate, their family, carer or legal representatives.
- **Training:** Ensure all staff members are adequately trained in providing intimate care, including understanding the importance of dignity, privacy, and consent.
- **Training:** Ensure all staff members are adequately trained in providing any lifting and carrying techniques.
- **Documentation:** Maintain accurate records of all intimate care provided, including any incidents or concerns.
- **Safeguarding:** Be vigilant for any signs of abuse or neglect and follow safeguarding procedures if any concerns arise.

5. Additional Considerations for Young persons

- **Parental Involvement:** Involve parents or legal guardians in the development and review of the young person or young person's care plan.
- **Age-Appropriate Communication:** Use age-appropriate language and communication methods when explaining care procedures to young people
- **Comfort and Reassurance:** Provide comfort and reassurance to the young person during intimate care activities to help them feel safe and secure.
- **Consistency:** Ensure consistency in the caregivers providing intimate care to young people to build trust and familiarity.
- **Wetting/Soiling:** If a young person wets him/herself the young person is encouraged to wash him/herself and change into a spare pair of pants
- **Supporting dressing/undressing:** Sometimes it will be necessary for staff to aid a young person in getting dressed or undressed particularly but staff will always encourage young person to attempt undressing/dressing unaided

6. Roles and Responsibilities

- **Staff:** Responsible for providing intimate care in accordance with this policy and the individual's care plan.
- **Staff:** Responsible for checking any equipment before use.
- **Managers:** Ensure staff are trained, supported, and adhere to the policy. Conduct regular reviews, observations and audits of care practices.
- **Individuals Receiving Care:** Encourage feedback and participation in the development and review of their care plans.

7. Review and Monitoring

This policy will be reviewed annually or as needed to ensure it remains current and effective. Feedback from individuals receiving care, their families, and staff will be considered in the review process.

Appendix 1.

Intimate Care Log