



Staffordshire
Social Care
Workforce

CMDT
Care Market Development Team

Personal Appearance Guide

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Foreword

This guide has been developed to introduce the subject and further research and learning is recommended to provide a complete understanding. Requirements are often unique to individual care services, and you should consider how best to implement practices.

Introduction

A person's appearance can have a significant impact on their self-esteem, dignity, comfort and health.

However, not everyone is able to manage their appearance independently, and some people may require assistance.

This guide aims to provide information and advice on how to support people in a respectful, sensitive and person-centred way. It covers topics such as assessing the level of support needed, respecting the individual's preferences and choices, ensuring safety and hygiene, and promoting independence and well-being.

Hair, Facial Hair and Body Hair

Some people may need support with maintaining their hair, facial hair and body hair due to various reasons, such as physical or mental health conditions, disabilities, or age-related challenges.

You can help the people to achieve their desired appearance and feel good about themselves by respecting their preferences and choices.

Some tips for supporting people with their hair, facial hair and body hair are:

- Ask the person what they like and dislike about their current hair style and what they would like to change or maintain. Listen to their preferences and respect their decisions. Do not impose your own opinions or standards on them.
- Find out if the person has any cultural, religious, or personal beliefs or values that influence their hair and body hair choices. For example, some people may wear their hair in a certain way, cover their hair, or avoid cutting their hair for religious reasons.

Some people may prefer to have more or less body hair depending on their gender identity, sexual orientation, or aesthetic preferences. Be sensitive and supportive of these aspects of the person's identity and expression.

- Help the person to access the products, tools, and services they need for their hair and body hair care. Make sure the products and tools are suitable for the person's hair type, skin type, and any allergies or sensitivities they may have. Assist the person with using them safely and hygienically or arrange for a professional service if needed.
- Encourage the person to be involved in their hair and body hair care as much as they can and want to. This can help them to maintain their independence, skills, and confidence. Provide the level of assistance that the person needs and wants and adjust it as their needs and preferences change.

For example, some people may only need reminders or prompts, while others may need full assistance or supervision. Some people may want to do some parts of their hair and body hair care themselves, while others may want you to do it for them. Always ask for the person's consent before touching their hair or body and explain what you are going to do and why.

- Respect the person's privacy and dignity when supporting them with their hair and body hair care. Provide a comfortable and appropriate environment for the person to groom themselves. Use curtains, screens, or doors to shield the person from unwanted views. Cover the person's body with towels, robes, or clothes as much as possible, and expose only the parts that need to be groomed.

Use respectful and polite language when talking to the person about their hair and body hair and avoid making comments that may be perceived as judgmental, rude, or embarrassing.

Nails

Nails are another part of personal appearance that can affect the person's wellbeing. Some people may like to keep their nails short and clean, while others may like to grow them long and decorate them with polish or nail art. Some people may have problems with their nails, such as ingrown nails, fungal infections, or brittle nails, that require special care or treatment. The services of a chiropodist or a podiatrist is often required.

You can help the people to take care of their nails and express themselves through their nail choices by following these tips:

- Ask the person how they like to keep their nails, and what they need or want to do to maintain them. Do they prefer to cut, file, or trim their nails regularly, or let them grow naturally? Do they like to apply nail polish, gel, or acrylics, or leave them bare? Do they have any favourite colours, designs, or styles for their nails? Do they have any problems or concerns with their nails that need attention?
- Help the person to access the products, tools, and services they need for their nail care. Make sure the products and tools are suitable for the person's nail type, skin type, and any allergies or sensitivities they may have. Assist the person with using them safely and hygienically or arrange for a professional service if needed.
- Encourage the person to be involved in their nail care as much as they can and want to. This can help them to maintain their independence, skills, and confidence. Provide the level of assistance that the person needs and wants and adjust it as their needs and preferences change.

For example, some people may only need reminders or prompts, while others may need full assistance or supervision. Some people may want to do some parts of their nail care themselves, while others may want you to do it for them. Always ask for the person's consent before touching their nails, hands or feet and explain what you are going to do and why.

- Respect the person's privacy and dignity when supporting them with their nail care. Provide a comfortable and appropriate environment for the person to look after their nails and avoid using a communal environment as they may want privacy. Use respectful and polite language when talking to the person about their nails and avoid making comments that may be perceived as judgmental, rude, or embarrassing.

Make Up

Make up is a form of personal appearance that can enhance their mood and self-esteem. Some people may like to wear make up daily, while others may only wear it on special occasions or not at all.

You can help the people in your care to enjoy and express themselves through their make up choices by following these tips:

- Ask the person if they like to wear make up, and what they need or want to do to apply or remove it. Do they have a routine or a preference for their make up application? Do they have specific products, brands, or shades that they like to use? Do they have any goals or expectations for their make up, such as creating a dramatic effect or matching their outfit or mood?
- Help the person to access the products, tools, and services they need for their make up. Make sure the products and tools are suitable for the person's skin type, skin tone, and any allergies or sensitivities they may have. Assist the person with using them safely and hygienically or arrange for a professional service if needed.
- Encourage the person to be involved in applying their make up as much as they can and want to. This can help them to maintain their independence, skills, and confidence. Provide the level of assistance that the person needs and wants and adjust it as their needs and preferences change.

Some people may want to do some parts of their make up themselves, while others may want you to do it for them. Always ask for the person's consent before touching their face or eyes and explain what you are going to do and why.

- Respect the person's privacy and dignity when supporting them with their make up. Provide a comfortable and appropriate environment for the person to apply or remove their make up. Use respectful and polite language when talking to the person about their make up, and avoid making comments that may be perceived as judgmental, rude, or embarrassing.

Clothing

Some people may have a wardrobe that reflects their personality, taste, and style, while others may wear whatever is available, practical, or affordable. Some people may like to dress up or down depending on the occasion, season, or mood, while others may stick to a uniform or a standard outfit.

You can help the people in your care to feel good and confident in their clothing choices by following these tips:

- Ask the person what they like to wear, and what they need or want to do to select, put on, or take off their clothing. Do they have a favourite colour, pattern, fabric, or brand for their clothing? Do they have a preferred style, fit, or cut for their clothing? Do they have any clothing items that are meaningful or sentimental to them, such as jewellery or accessories? Do they have any clothing items that are uncomfortable, irritating, or unsuitable for them, such as tight, loose, scratchy, or synthetic clothing?
- Encourage the person to be involved in choosing their clothing as much as they can and want to. This can help them to maintain their independence, skills, and confidence. Provide the level of assistance that the person needs and wants, and adjust it as their needs and preferences change. For example, some people may only need reminders or prompts, while others may need full assistance.

Always ask for the person's consent before helping them with their clothing and explain what you are going to do and why.

- Use respectful and polite language when talking to the person about their clothing, and avoid making comments that may be perceived as judgmental, rude, or embarrassing.

Summary

The document provides some tips on how to support a person present themselves as they want to. It emphasizes the importance of respecting the person's choice, involvement, privacy, and dignity, and suggests some ways to do so.

For further information,
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