

Resource 2 – Worksheet 1

PERSONAL CARE PLAN

How often do I?	Daily	Regularly
Change underwear		
Change socks?		
Brush teeth		
Shower		
Change clothes		
Wash/condition hair		
Cut hair		
Cut nails		

Personal Care Plan

How often do I?	Daily	Regularly
underwear 		
wash hair 		
socks 		
shower 		
brush teeth 		