







Section Eight: Sleep and Rest	139–146
 Section 8	
■ Sleep Interventions: Tip Sheet	141–144
■ Sleeping: Data Sheet	145–146
■ Sleep History Form (Appendix A)	175–176
■ Sleep Hygiene Strategies Checklist (Appendix A).....	177
■ Sleep Hygiene Strategies: Homework Recommendations (Appendix A)	178
■ One Week Sleep Log (Appendix A)	179
 Appendix A: Supplemental Materials and Forms	147–181
• Appendix A Content Details: Summary of Supplemental Materials and Forms	149–150
• Activities of Daily Living: Overview Intake Form	151–153
• Toileting History Form	154–156
• One Week Toileting Chart	157
• “Poop Talk” Informational Handout	158
• Comfort Positions for Medical Procedures	159
• Medication Master List Entry	160
• My Weekly Medications Chart: Single-Column	161
• My Weekly Medications Chart: Double-Column AM/PM.....	162
• Personal Device and Equipment Checklist.....	163–165
• Feeding History Form.....	166–170
• One Week Food Journal	171–173
• American vs. Continental Dining Style	174
• Sleep History Form	175–176
• Sleep Hygiene Strategies Checklist	177
• Sleep Hygiene Strategies: Homework Recommendations	178
• One Week Sleep Log.....	179
• ADL Certificate of Mastery	180
• Daily Therapy Report and Homework Recommendations	181
 Appendix B: Scoring Criteria, Teaching Methods, and How to Meet Clients' Unique Learning Needs	183–195
• Data Sheets: Detailed Scoring Criteria.....	185–186
• Prompting Hierarchy.....	187–188
• Addressing the Client’s Learning Style, Strengths, and Challenges.....	189–190
• Considerations for Individuals with Neurodivergent Learning Styles	191–195
 Appendix C: Glossary of Clinical Terms	197–201
 References	203–206

Table of Contents


About the Author	ii
Introduction and Instructions	1-6
• Introduction	1-2
• Getting Started	2
• Tip Sheets	2
• Data Sheets	3
• How-To Visuals	3
• Supplemental Materials and Forms	3
• How to Teach New Self-Care Skills	4-6
Section One: Basic Grooming and Personal Hygiene	7-24
• Washing Hands	9-11
■ Washing Hands: Tip Sheet	9
■ Washing Hands: Data Sheet	10
■ Washing Hands: How-To Visual	11
• Brushing Teeth and Oral Care	12-14
■ Brushing Teeth and Oral Care: Tip Sheet	12
■ Brushing Teeth and Oral Care: Data Sheet	13
■ Brushing Teeth and Oral Care: How-To Visual	14
• Washing Face	15-17
■ Washing Face: Tip Sheet	15
■ Washing Face: Data Sheet	16
■ Washing Face: How-To Visual	17
• Nail Care	18-20
■ Nail Care: Tip Sheet	18
■ Nail Care: Data Sheet	19
■ Nail Care: How-To Visual	20
• Grooming and Personal Hygiene	21-24
■ Grooming and Personal Hygiene: Tip Sheet	21-22
■ Grooming and Personal Hygiene: Data Sheet	23-24



Section Two: Toileting, Incontinence Management, and Menstrual Care 25-50

 Section 2	• Toileting History Form (Appendix A) 154-156
	• One Week Toileting Chart (Appendix A) 157
	• Using the Toilet (Urination, Sitting)..... 27-30
	■ Using the Toilet (Urination, Sitting): Tip Sheet..... 27-28
	■ Using the Toilet (Urination, Sitting): Data Sheet..... 29
	■ Using the Toilet (Urination, Sitting): How-To Visual 30
	• Using the Toilet (Urination, Standing)..... 31-34
	■ Using the Toilet (Urination, Standing): Tip Sheet..... 31-32
	■ Using the Toilet (Urination, Standing): Data Sheet..... 33
	■ Using the Toilet (Urination, Standing): How-To Visual 34
	• Using the Toilet (Bowel Movement) 35-38
	■ Using the Toilet (Bowel Movement): Tip Sheet 35-36
	■ Using the Toilet (Bowel Movement): Data Sheet 37
	■ Using the Toilet (Bowel Movement): How-To Visual..... 38
	■ "Poop Talk" Informational Handout (Appendix A)..... 158

Section Three: Bathing 51-60

 Section 3	• Taking a Bath 53-56
	■ Taking a Bath: Tip Sheet 53-54
	■ Taking a Bath: Data Sheet..... 55
	■ Taking a Bath: How-To Visual 56
	• Taking a Shower..... 57-60
	■ Taking a Shower: Tip Sheet..... 57-58
	■ Taking a Shower: Data Sheet..... 59
■ Taking a Shower: How-To Visual 60	

Section Four: Hair Care 61–73



Section
4

- Washing Hair 63–65
 - Washing Hair: Tip Sheet 63
 - Washing Hair: Data Sheet 64
 - Washing Hair: How-To Visual 65
- Straight/Curly Hair Care 66–69
 - Straight/Curly Hair Care: Tip Sheet 66–67
 - Straight/Curly Hair Care: Data Sheet 68
 - Straight/Curly Hair Care: How-To Visual 69
- Afro-Textured Hair Care 70–73
 - Afro-Textured Hair Care: Tip Sheet 70–71
 - Afro-Textured Hair Care: Data Sheet 72
 - Afro-Textured Hair Care: How-To Visual 73

Section Five: Dressing 75–91



Section
5

- Choosing Clothes 77–80
 - Choosing Clothes: Tip Sheet 77–78
 - Choosing Clothes: Data Sheet 79
 - Choosing Clothes: How-To Visual 80
- Getting Dressed 81–86
 - Getting Dressed: Tip Sheet 81–82
 - Getting Dressed: Data Sheet 83–84
 - Managing Clothing Fasteners: Data Sheet 85
 - Getting Dressed: How-To Visual 86
- Tying Shoes (Two-Loop Method) 87–91
 - Tying Shoes (Two-Loop Method): Tip Sheet 87–88
 - Tying Shoes (Two-Loop Method): Data Sheet 89–90
 - Tying Shoes (Two-Loop Method): How-To Visual 91

Section Six: Health and Personal Device Management 93–120



Section
6

- Personal Health Management 95–106
 - Personal Health Management: Tip Sheet 95–98
 - Preparing Clients for Health Care Experiences: Tip Sheet 99–101
 - Managing Pain, Stress, & Chronic Conditions without Medication: Tip Sheet 102–104
 - Personal Health Management: Data Sheet 105–106
 - Comfort Positions for Medical Procedures (Appendix A) 159



Section
6

- Taking Medications 107–110
 - Taking Medications: Tip Sheet 107–108
 - Taking Medications: Data Sheet 109
 - Taking Medications: How-To Visual 110
 - Medication Master List Entry (Appendix A) 160
 - My Weekly Medications Chart: Single-Column (Appendix A) 161
 - My Weekly Medications Chart: Double-Column AM/PM (Appendix A) 162
- Sneezing and Using a Tissue 111–113
 - Sneezing and Using a Tissue: Tip Sheet 111
 - Sneezing and Using a Tissue: Data Sheet 112
 - Sneezing and Using a Tissue: How-To Visual 113
- Basic First Aid/Using a Bandage 114–116
 - Basic First Aid/Using a Bandage: Tip Sheet 114
 - Basic First Aid/Using a Bandage: Data Sheet 115
 - Basic First Aid/Using a Bandage: How-To Visual 116
- Personal Device Management 117–120
 - Personal Device Management: Tip Sheet 117–118
 - Personal Device Management: Data Sheet 119–120
 - Personal Device and Equipment Checklist (Appendix A) 163–165

Section Seven: Feeding and Eating Interventions 121–138



Section
7

- Eating Meals at Home and Feeding Interventions 123–134
 - Eating Meals at Home and Feeding Interventions: Tip Sheet 123–124
 - Meeting Clients' Nutritional Needs: Tip Sheet 125–126
 - Working with New Eaters: Tip Sheet 127–128
 - Working with Restrictive Eaters: Tip Sheet 129
 - The Importance of Seating and Positioning: Tip Sheet 130–131
 - Eating Meals at Home: Data Sheet 132–133
 - Eating Meals at Home: How-To Visual 134
 - Feeding History Form (Appendix A) 166–170
 - One Week Food Journal (Appendix A) 171–173
- Using Utensils 135–138
 - Using Utensils: Tip Sheet 135–136
 - Using Utensils: Data Sheet 137
 - Cutting with a Fork and Knife: How-To Visual (American Style Dining) 138
 - American vs. Continental Dining Style (Appendix A) 174