






## **C. Personal Appearance and Hygiene**

### **Basic**

Understands the importance of showering or bathing regularly	"Looking Good" M-6
Knows how to use, and the costs associated with hygiene products such as shampoo, soap, deodorant, shaving cream, razors, toothbrush/paste, etc.	"Looking Good" M-6b PAYA Module 2 pg. 6-7
Knows how to brush teeth regularly	"Looking Good" M-6



**MY GROOMING PLAN CHECKLIST**

Grooming Area	I do this regularly	I need to know more about this	I need improvement
 <b>Body</b> Wash face twice a day. Shower or bathe daily. Wash hands after using bathroom. Wash hands before eating or preparing food. Use deodorant or antiperspirant when necessary.			
 <b>Hands and Nails</b> Trim and file fingernails weekly or as needed. Trim and file toenails weekly or as needed. Avoid nail biting. Remove chipped fingernail polish. Keep fingernails clean Push back cuticle after shower or bath.			
 <b>Hair</b> Shampoo hair as needed. Brush daily. Brush or comb as needed. Shave facial hair appropriately as needed. Style hair appropriately.			
 <b>Dental</b> Brush and floss teeth after meals. Visit dentist at least once a year. Rinse mouth with water after eating snacks. Limit carbohydrate intake between meals.			
 <b>Clothing</b> Wear clean and mended clothes. Wear clean or polished shoes. Wear clothes appropriate to the occasion. Wear clothes becoming to you. Maintain good posture so clothes look good.			

List any roadblocks you have that can keep you from good grooming habits.  
 List ways to overcome the roadblocks.  
 How can you find the information you need?



**GROOMING COSTS**



When figuring budgets, costs of grooming can come as a surprise. The chart below will help to:  
 \*analyze your personal grooming costs \*consider alternatives for cutting costs

GROOMING SUPPLIES I USE	COST	ALTERNATIVE
Hair (shampoo, mousse, conditioner, etc.)		
Face (soap, make-up, razor, lotion, medication, etc.)		
Body (lotions, deoderants, perfumes, soaps, etc.)		
Mouth (toothpaste, mouthwash, dental floss, etc.)		
Hands (nail polish, lotion, cleaners, creams, etc.)		
Professional help (hair cuts, permanents, etc.)		
Other things:		

Independent Living Skills Module II

PERSONAL CARE ITEMS:

Ashley has dry skin, particularly during the wintertime. She goes to a local drug store to buy moisturizing lotion. When she arrives in the right aisle, she is confused because there are about 20 different brands of lotions on the shelf.

If you choose your personal care items, what qualities are important to you:

- price
- hypoallergenic
- name brand quality
- recyclable materials
- ingredients
- appearance
- other : \_\_\_\_\_

Take an inventory of all personal care items you use frequently.

Inventory form for personal care items. The form includes a large rectangular box with horizontal lines for writing. On the right side of the box is a bottle of shampoo with a label that says "SHAMPOO". On the bottom left of the box is a bar of soap with a label that says "SOAP". To the right of the soap is another set of horizontal lines for writing.

Independent Living Skills Module II



**ACTIVITY**






Now that you have taken an inventory of your personal care items, are there any you might be able to purchase more economically without losing the quality you want?

*Go to your local drug store and research the costs and quality of personal care items you use frequently. Record the information in the chart below.*

Personal Care Item	Purpose	Price



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