

# Personal Care

## **Aims and Objectives:**

- The correct use of PPE
- How to act in a professional manner while carrying out personal care
- Maintaining an individual's dignity and independence
- Effective communication
- Gain a practical understanding of delivering personal care

**Course Duration:** 2 hours

**Assessment Criteria:** Workbook and reflective quiz

This short course is for health and social care professionals. As a participant in this course, you gain the knowledge and skills to manage and ensure good hygiene standards in a health and social care setting, whilst promoting dignity at all times