

Status: Guideline: offers direction and guidance on good practice, need not necessarily be strictly adhered to.	Policy No: ADLG 08 Version No: 0 Date Approved: 01/03/11 Review Date: 01/03/13
Title: Guidelines for Assisting a User of a Cheshire Service with Dressing	
Written by: Clinical Practice Project Group	
Approved by: National Risk Management Committee	
Cross Reference: ICG 01, ICG 02, BPH 02	

1.0 Purpose

The purpose of these guidelines is to ensure appropriate assistance is offered to Cheshire service users with dressing and to ensure the dignity of the person is respected when staff are providing assistance.

2.0 Scope

These guidelines refer to all Cheshire Services where staff assist service users to get dressed. All the activities of daily living are generic, however in line with the Best Possible Health plan, staff will assist service users to discuss their own personal care needs and put actions in place where needed. This will be recorded in the service user's Best Possible Health Personal plan and will be kept in a secure place of the service user's choosing. It will be adapted and updated as the needs of the service users change.

3.0 Responsibility

- It is the responsibility of all staff involved in assisting people with dressing to be familiar with and adhere to these guidelines.
- It is the responsibility of all service managers to ensure staff are familiar with the guidelines and to monitor compliance.

4.0 Definitions

N/A

5.0 Guidelines

Equipment

- Service user's clothes
- Dressing aids if appropriate (e.g. button hook, sock aid, reacher).

Guidelines

- All service users will be supported to manage dressing themselves independently. However, in circumstances where this is not possible, or the service user chooses not to, Cheshire Ireland will provide support in line with a person centred approach as per the Best Possible Health Personal Care plan.
- In relation to dressing, staff will respect the rights of service users to be treated with sensitivity and respect as individuals, and to have wishes and opinions considered fairly (Cheshire Ireland National Consumer Committee, 2004).
- Engage with the service user to explain the process, to gain co-operation and consent and to ascertain usual habits.
- Please ensure that the service user's clothing is appropriate to weather and suits the individual's personal preferences.
- Engage with the service user to choose the clothes they wish to wear.
- Ensure adequate privacy.
- Wash and dry hands thoroughly (Ref: Guidelines for Hand Hygiene, ICG 02).
- Prepare clothing by unbuttoning, unhooking, unzipping.
- Gently remove clothes one area at a time keeping the service user covered as much as possible.
- Gently dress the service user:
 - Trousers: gather them at the leg, and reach through to guide the service user's ankle through.
 - Shirt or dress: gently guide the service user's hand through the sleeve.
 - Pullovers: gently guide both arms into the sleeves and slide the garment over the service user's head.
- If one side of the service user's body is weaker than the other (for example following a stroke), always dress the weaker side first.
- If the service user wishes to complete some tasks independently with the assistance of a dressing aid, give the aid to the service user and assist if necessary.

- When the service user is happy with their dress, smooth the clothing and fasten as needed.
- Assist the service user to return to bed or chair as per personal preference. Ensure the service user is comfortable.
- Wash and dry hands thoroughly (ICG 01, ICG 02).
- If any problems which are not being treated are highlighted, please identify in Best Possible Health Priority Areas for Action for Personal Care. This may require appointments with G.P. or other clinical referral.

6.0 References

Robertson, B. & O’Kell, S. (1995). *Study Guide for Health and Social care Support Workers*. First Class Books Pub., Bristol.