

# BROTHERS OF CHARITY SERVICES IRELAND



## NATIONAL POLICY

### Policy on Intimate Care



The Brothers of Charity Services aim to support people to take control of their lives.  
This includes controlling their own personal/ intimate care.



Intimate Care means:

- Care that affects the body
- Personal hygiene which may involve contact with sexual parts of the body.
- For e.g.  
Dressing/undressing, help with the toilet, changing incontinence/ sanitary wear, bathing/showering, administration/Inserting pessaries/enemas.



Personal Care means:

- Care that is less intimate
- For eg: skin care, supported eating, haircare, shaving, dental care or applying deodarant.



There must be respect for the person's privacy and rights.



It is important that staff provide Intimate Care in line with the person's wishes and preferences.



The person getting support with their intimate care should always be encouraged to make choices about this care.  
A person should be encouraged to do as much as possible for themselves.  
If the person is fully dependent staff should always explain what they are doing and give choices.



People receiving Intimate Care should be supported to have a **positive body image**. This can help a person to have more confidence and assertiveness, therefore reduce vulnerability.



Intimate Care is a very sensitive issue. Staff should make sure every person's experience of intimate care is a **positive one**.



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People supported to get Intimate Care should be **respected** at all times. Staff must be sensitive to the person.



Staff should have training and support to ensure they are doing the job properly and with sensitivity.



Choice of Staff- If you need support you should be offered the choice of staff the same sex as you.





But if there is not a staff of the same sex available it is: Ok for a female staff to give Intimate Care to a male person.  
Male staff should not provide Intimate Care to females on a one to one basis.



Every Person should have an Intimate Care Plan



- People involved in making a person's plan maybe the
- Person;
- the family member;
- keyworker or frontline staff;
- multi-d staff



- The plan should be written and reviewed every year or more often if necessary.
- All staff working with the person should know the plan.



Staff should follow the agreed steps for carrying out the Intimate Care.



Intimate Care can mean a staff touching the private parts of a person.



I am supporting Kevin to Shave

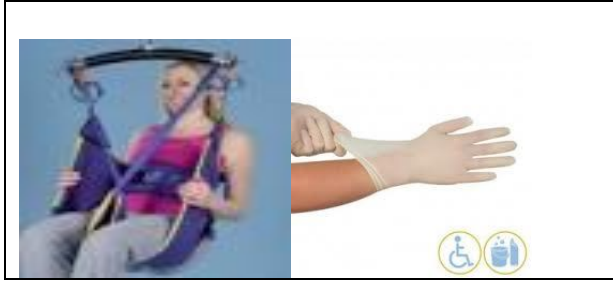
Staff should let other staff know if possible that they are going to support a person with their Intimate Care.



Staff should always explain what they are doing to the person.

This should happen in line with the communication needs of the person supported.

This may involve giving signals or cues such as a sponge/nappy or pad.



Staff should always use protective/safety equipment such as gloves/hoists.



If a person supported touches a staff in a way that makes the staff feel uncomfortable, the staff will gently but firmly discourage this and let the person know that this is unacceptable.



If a staff has concerns about physical changes in the person, eg marks, bruises et they must report it to the DP/Manager



Staff should be sensitive, if there is things said that is upsetting for the person or causing embarassment this should be reported to the Manager.



Staff who provide Intimate Care should not be involved in Sex Education for that person.



Every person has the right to complain and should be supported to do so if they wish.



If a person is not happy with the support for their Intimate Care they can report this to their Keyworker and their Manager.



