










With all of us in mind

Example of visual timetable for bathing

Wash body	Task	Tick off
		
	<ul style="list-style-type: none"> put shower gel onto a sponge 	
	<ul style="list-style-type: none"> wash face & rinse 	
	<ul style="list-style-type: none"> wash right arm, underarm & hand wash left arm, underarm & hand 	
	<ul style="list-style-type: none"> wash right leg & foot wash left leg & foot 	
	<ul style="list-style-type: none"> wash tummy wash back 	
	<ul style="list-style-type: none"> wash bottom 	

Chair: Ian Black Chief Executive: Steven Michael OBE