

# Personal Care

I look after my own personal care



I need support with washing and/ or bathing



I need support with shaving



I need support with looking after my hair



I need help to clean my ears



I need support with using deodorant



# Personal Care

I need support  
with cutting my toe  
and finger nails



I get help with  
my feet from a  
podiatrist



I need other  
help



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