



# Anchorholme Academy Intimate Care Policy



Implementation Date: February 2021  
Adopted by Governors/HT: HT  
Review period: 3 Yearly  
Last review date: March 2024  
Next review due by: 31 March 2027  
Person responsible for policy: Mrs T Foster

## **Statement of Intent**

Anchorsholme Academy takes the health and wellbeing of its pupils very seriously and aims to support pupils with physical disabilities and illnesses to enable them to have a full and rich academic life whilst at school.

Anchorsholme Academy recognises its duties and responsibilities in relation to the Equality Act 2010, which states that any pupil with an impairment affecting their ability to carry out normal day-to-day activities must not be discriminated against.

Pupils will always be treated with care and respect when intimate care is given, and no pupil will be left feeling embarrassed.

## **Toilet Training**

This policy is written for the purpose of providing intimate care to children with physical disabilities, specific medical conditions which affect continence and illnesses only. For all other pupils, parents and carers are responsible for ensuring their child is toilet trained before starting school, in line with the school's expectations. 'Toilet trained' is defined as a child who *'initiates going to the bathroom and can adjust clothing necessary to urinate or have a bowel movement. He or she is also self-sufficient when going to the toilet, pulling clothing up and down, wiping, flushing and washing/drying hands.'*

Parents whose children are not fully toilet trained must inform the school as soon as possible; a meeting will be convened prior to the child's start date to discuss the child's needs and any subsequent arrangements. Where there is a need for an intimate care plan, this will be made with the SENDCO, school nurse, parent and class teacher.

In the event that a child soils themselves, parents will be required to attend school urgently with a change of clothes and wipes. Our staff will treat any child who has a soiling incident with respect and dignity: EYFS and KS1 pupils will be assisted by staff to change out of dirty clothing following a soiling incident, but staff will not be responsible for 'wiping' them clean; KS2 pupils will be provided with a private room to change out of dirty clothing unassisted and will be responsible for 'wiping' themselves clean. If parents are persistently unreachable following a soiling incident, a further meeting will be arranged and the school may need to access further services such as the School Nursing Team and Social Services.

The school will always inform parents if a child has soiled themselves, either in person at the end of the day or via a phone call.

### **1. Legal Framework**

1.1. This policy has due regard to relevant legislation and guidance, including, but not limited to, the following:

- Children and Families Act 2014
- Education Act 2011
- Health Act 2006
- Equality Act 2010

- DfE (2020) 'Keeping Children Safe in Education'
- 1.2. This policy will be implemented in conjunction with the school's:
- Health and Safety Policy
  - Medical and First Aid Policy
  - Safeguarding and Child Protection Policy
  - Staff Code of Conduct
  - Whistleblowing Policy

## **2. Definitions**

- 2.1. For the purpose of this policy, intimate care is defined as any care which may involve the following:
- Washing
  - Touching
  - Carrying out an invasive procedure
  - Changing a child who has soiled themselves
  - Providing oral care
  - Feeding
  - Assisting in toilet issues
  - Providing comfort to an upset or distressed pupil
- 2.2. Intimate care tasks are associated with bodily functions, body products and personal hygiene that demand direct or indirect contact with, or exposure of, the genitals.
- 2.3. Examples of intimate care include support with dressing and undressing (underwear); changing incontinence pads, nappies or medical bags such as colostomy bags; menstrual hygiene; helping someone use the toilet; washing intimate parts of the body.
- 2.4. Pupils may be unable to meet their own care needs for a variety of reasons and will require regular support.

## **3. Health and Safety**

- 3.1. The Health and Safety Policy lays out specific requirements for cleaning and hygiene, including how to deal with spillages, vomit and other bodily fluids.
- 3.2. Any member of staff that is required to assist a pupil with changing a medical bag will be trained to do so and will carry out the procedure.
- 3.3. Staff will wear disposable aprons and gloves while assisting a pupil in the toilet or while changing a nappy, incontinence pad or medical bag.
- 3.4. Soiled nappies, incontinence pads and medical bags will be securely wrapped and disposed of appropriately.
- 3.5. Where only one pupil requires intimate care/toileting, nappies, incontinence pads and medical bags will be disposed of in an ordinary bin, as per health and safety guidelines.
- 3.6. The changing area or toilet will be left clean.
- 3.7. Hot water and soap will be available to wash hands.
- 3.8. Hand driers or paper towels will be available to dry hands.

## **4. Staff and Facilities**

- 4.1. Staff members who provide intimate care are fully aware of best practice. Suitable equipment and facilities will be provided to assist pupils who need special arrangements following assessment from a physiotherapist or occupational therapist. This may include the following:
- Adjustable bed
  - Changing mat
  - Non-slip step
  - Cupboard
  - Adapted toilet seat or commode seat
  - Swivel mat
  - Disposable gloves/aprons
  - Nappies, pads and medical bags
  - Tissue rolls (for changing mat/cleansing)
  - Supply of hot water
  - Soap
  - Barrier creams
  - Antiseptic cleanser for staff
  - Antiseptic cleanser for the changing bed/mat
  - Clinical waste bag
  - Spillage kit
- 4.2. The school has one extended disabled toilet facility with room for a changing mat/changing area if required.
- 4.3. Mobile pupils will be changed while standing up.
- 4.4. Pupils who are not mobile will be changed on a purpose-built changing bed or changing mat on the floor.
- 4.5. Staff will be supported to adapt their practice in relation to the needs of individual pupils, taking into account developmental changes such as the onset of puberty or menstruation.

## **5. School Responsibilities**

- 5.1. Arrangements will be made with previous setting to discuss the personal care needs of any pupil prior to them attending the school.
- 5.2. Pupils who require intimate care will be involved in planning for their own healthcare needs wherever possible.
- 5.3. In liaison with the pupil and parents, an individual intimate care plan will be created to ensure that reasonable adjustments are made for any pupil with a health condition or disability.
- 5.4. Regular consultations will be arranged with all parents and pupils regarding toilet facilities.
- 5.5. The privacy and dignity of any pupil who requires intimate care will be respected at all times.
- 5.6. A qualified member of staff will change the pupil, or assist them in changing themselves if they become wet, or soil themselves. This will be done with the support of another member of staff.

- 5.7. Any pupil with wet or soiled clothing will be assisted in cleaning themselves and will be given spare clothing, nappies, pads, etc., as provided by the parents.
- 5.8. Members of staff will react to accidents in a calm and sympathetic manner.
- 5.9. Accurate records of times, staff and any other details of incidents of intimate care will be recorded on a 'Record of Intimate Care Intervention Sheet' (see appendix 1 or request from school office) and stored securely in each year group.
- 5.10. Arrangements will be made for how often the pupil should be routinely changed if the pupil is in school for a full day, and the pupil will be changed by a designated member of staff with support from another member of staff.
- 5.11. A minimum number of changes will be agreed.
- 5.12. The family's cultural practices will always be taken into account for cases of intimate care.
- 5.13. Where possible, only same-sex intimate care will be carried out.
- 5.14. Parents will be contacted if the pupil refuses to be changed, or becomes distressed during the process.
- 5.15. Excellent standards of hygiene will be maintained at all times when carrying out intimate care.

## **6. Parental Responsibilities**

- 6.1. Parents will change their child, or assist them in going to the toilet, at the latest possible time before coming to school.
- 6.2. Parents will provide spare nappies, incontinence pads, medical bags, wet wipes and a change of clothing in case of accidents.
- 6.3. A copy of this policy will be made available to parents to ensure that they understand the policies and procedures surrounding intimate care.
- 6.4. Parents will inform the school should their child have any marks/rashes.
- 6.5. Parents will come to an agreement with staff in determining how often their child will need to be changed, and who will do the changing.

## **7. Safeguarding**

- 7.1. Intimate care is a regulated activity; therefore, only members of staff who have an enhanced DBS certificate with a barred list check are permitted to undertake intimate care duties.
- 7.2. Wherever possible, staff involved in intimate care will not be involved in the delivery of sex education to the pupils in their care as an extra safeguard to both staff and pupils involved.
- 7.3. Individual intimate care plans will be drawn up for pupils as appropriate to suit the circumstances of the pupil.
- 7.4. Each pupil's right to privacy will be respected. Careful consideration will be given to each pupil's situation to determine how many carers will need to be present when the pupil requires intimate care.
- 7.5. If any member of staff has concerns about physical changes to a pupil's presentation, such as marks or bruises, they will report the concerns to the DSL immediately.

- 7.6. Special consideration will be taken to ensure that bullying and teasing does not occur.

## **8. Swimming**

- 8.1. Pupils in Year 5 regularly participate in swimming lessons at Moor Park Swimming Baths. During these lessons, pupils are entitled to privacy when changing; however, some pupils will need to be supervised during changing.
- 8.2. Parental consent will be obtained before assisting any pupils in changing clothing before and after swimming lessons.
- 8.3. Details of any additional arrangements will be recorded in the pupil's individual intimate care plan.

## **9. Offsite Visits**

- 9.1. Before offsite visits, including residential trips, the pupil's individual intimate care plan will be amended to include procedures for intimate care whilst off the school premises.
- 9.2. Staff will apply all the procedures described in this policy during residential and off-site visits.
- 9.3. Meetings with pupils away from the school premises, where a chaperone is not present, will not be permitted, unless approval has been obtained by the Headteacher and a parent.
- 9.4. Verbal consent from a parent will be obtained and recorded prior to any offsite visit.

## Appendix 1

### Record of Intimate Care Intervention

[illegible]

**Appendix 2**  
**Toilet Management Plan**

|                                                |                             |
|------------------------------------------------|-----------------------------|
| Pupil's name:                                  | Class/year group:           |
| Name of personal assistant:                    |                             |
| Date:                                          | Review date:                |
| <b>Area of need</b>                            |                             |
|                                                |                             |
| <b>Equipment required</b>                      |                             |
|                                                |                             |
| <b>Locations of suitable toilet facilities</b> |                             |
|                                                |                             |
| <b>Support required</b>                        | <b>Frequency of support</b> |
|                                                |                             |

**Working Towards Independence:**

| Pupil will try to | Personal assistant will | Parents will | Target achieved date |
|-------------------|-------------------------|--------------|----------------------|
|                   |                         |              |                      |

Signed \_\_\_\_\_ Parent

Signed \_\_\_\_\_ Personal assistant

Signed \_\_\_\_\_ Second member of staff

Signed \_\_\_\_\_ Pupil (where appropriate)



### **Appendix 3**

#### **Agreement between Pupil and Personal Assistant**

Pupil's name: \_\_\_\_\_ Class/year group: \_\_\_\_\_

Name of support staff involved: \_\_\_\_\_

Date: \_\_\_\_\_ Review date: \_\_\_\_\_

#### **Support Staff**

As the personal assistant helping you with intimate care, you can expect me to do the following:

- When I am the identified person, I will stop what I am doing to help you. I will avoid all unnecessary delays.
- When you use our agreed emergency signal, I will stop what I am doing and come and help as soon as is reasonably practicable.
- I will treat you with respect and ensure privacy and dignity at all times.
- I will ask permission before touching you or your clothing.
- I will check that you are as comfortable as possible, both physically and emotionally.
- If I am working with a colleague to help you, I will ensure that we talk in a way that does not embarrass you.
- I will listen carefully if there is something you would like to change about your Intimate Care Plan.

#### **Pupil**

As the pupil who requires help with intimate care, you can expect me to do the following:

- I will try, whenever possible, to let you know a few minutes in advance that I am going to need help with intimate care, so that you can make yourself available and be prepared to help me.
- I will try to use the toilet at break time, or at the agreed times.
- I will only use the agreed emergency signal for real emergencies.
- I will tell you if I want you to stay in the room or stay with me in the toilet.
- I will tell you straight away if you are doing anything that makes me feel uncomfortable or embarrassed.
- I may talk to other trusted people about how you help me. They too will let you know what I would like to change.

Signed: \_\_\_\_\_ Personal assistant

Signed: \_\_\_\_\_ Pupil

**Appendix 4 (Covid period only)**  
**Intimate Care during Coronavirus (COVID-19)**

During the coronavirus (COVID-19) pandemic, it is essential that we keep both our pupils and staff safe from the risk of transmission. That said, we are fully dedicated to supporting all our pupils with additional needs, including intimate care. This policy appendix outlines how intimate care will be carried out safely and in line with current guidance from the DfE.

**1. Policy and Procedure**

- 1.1. Staff will have due regard for the following statutory guidance:
- DfE (2020) 'Safe working in education, childcare and children's social care settings, including the use of personal protective equipment (PPE)'

**2. Staff Responsibilities**

- 2.1. The school will carry out a relevant risk assessment to ensure provision for pupils in need is safe and in line with government guidance.
- 2.2. Staff will wash their hands before and after providing intimate care for 20 seconds, and routinely throughout the day.
- 2.3. Staff will wear sufficient PPE.
- 2.4. Staff will dispose of PPE safely.

**3. Use of Changing and Toilet Facilities**

- 3.1. All surfaces and facilities are cleaned frequently with detergents and bleach on a daily basis.
- 3.2. The school will ensure there are sufficient facilities to accommodate all pupils' needs.
- 3.3. Any individual with coronavirus symptoms, who requires a change immediately, is changed in a separate changing facility, where possible, and staff wear face coverings during intimate care – waste is double bagged and disposed of safely.