

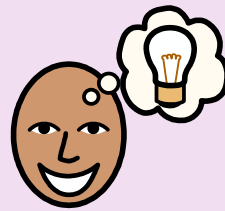
Instruction



Posters



To Help



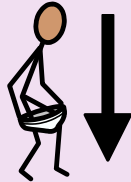
Ideas

- Print off and laminate the posters that are relevant
- Place them in prominent places
- The user may need some support to begin with
- Point to each instruction and verbalise
- Use them to encourage independence



Using the Toilet - Women

1



knickers down

2



sit on toilet

3



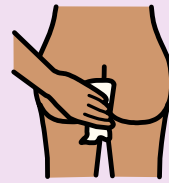
wee

or



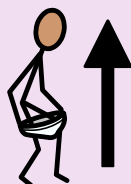
poo

4



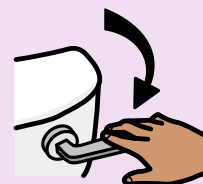
wipe

5



knickers up

6



flush toilet

7



wash hands

8

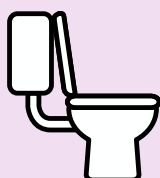


dry hands



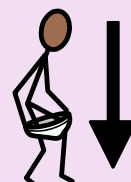
Using the Toilet - Men Standing

1



toilet seat up

2



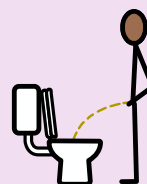
pants down

3



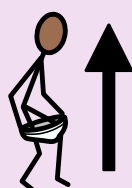
stand in front of toilet

4



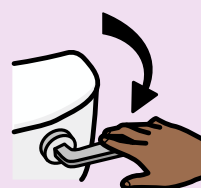
wee

5



pants up

6



flush toilet

7



wash hands

8



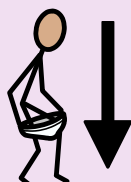
dry hands





Using the Toilet - Men Sitting

1



underpants down

2



sit on toilet

3



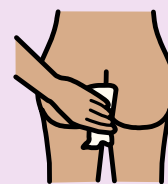
wee

or



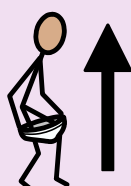
poo

4



wipe

5



underpants up

6



flush toilet

7



wash hands

8



dry hands





Washing Your Hands

1



tap



on

2



soap on hands

3



hands in water

4



wash palm to palm

5



wash

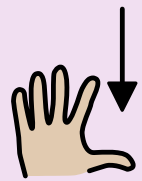


back of hands

6



wash



thumbs

7



wash



wrists

8



rinse

9



tap



off

10



dry hands



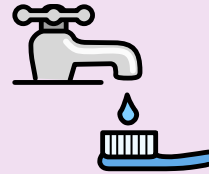
Brushing Teeth

1



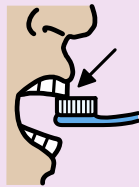
toothpaste on brush

2



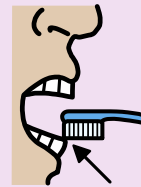
rinse toothbrush

3



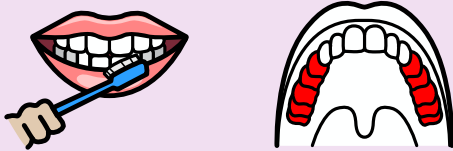
brush top teeth

4



brush bottom teeth

5



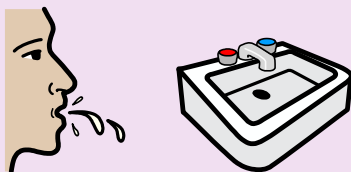
brush back teeth

6



brush tongue

7



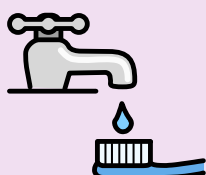
spit in sink

8



rinse mouth

9



rinse toothbrush

10



tap off



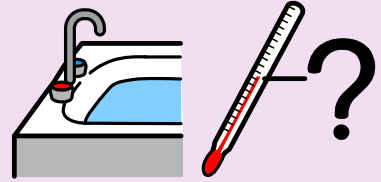
Showering

1



turn shower on

2



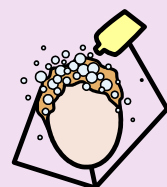
check temperature

3



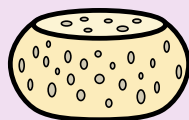
get in shower

4



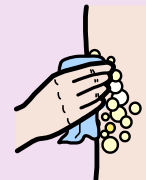
wash hair with shampoo

5



soap on sponge

6



wash body

7



rinse body

8



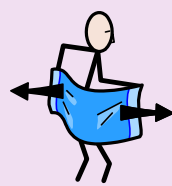
rinse hair

9



get out of shower

10

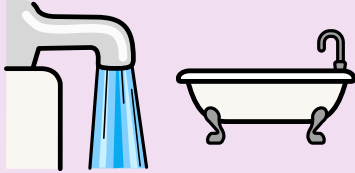


dry body



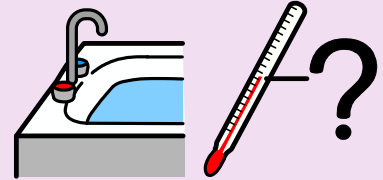
Bathing

1



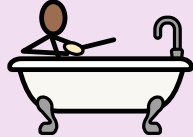
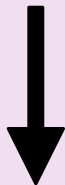
run bath

2



check temperature

3



get in

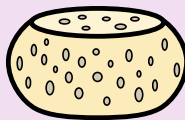
bath

4



wash hair with shampoo

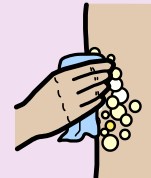
5



soap

on sponge

6



wash

body

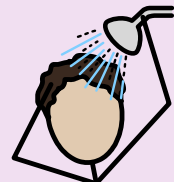
7



rinse

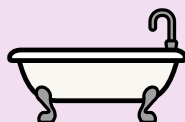
body

8



rinse hair

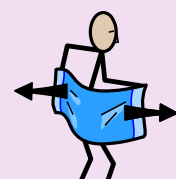
9



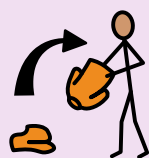
get out of

bath

10



dry body



Getting Dressed - Men

1

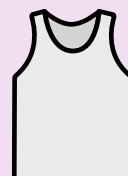
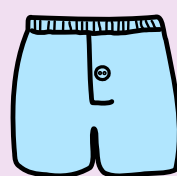


pyjamas



off

2



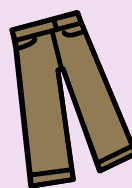
underwear

3



socks

4



trousers or shorts

5



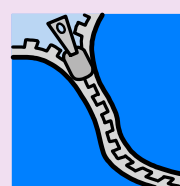
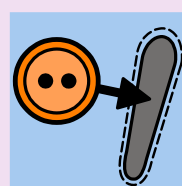
shirt

or



t-shirt

6



fasten

7



jumper

or

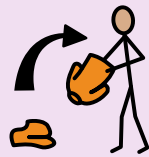


cardigan

8



ALL DONE



Getting Dressed - Women

1

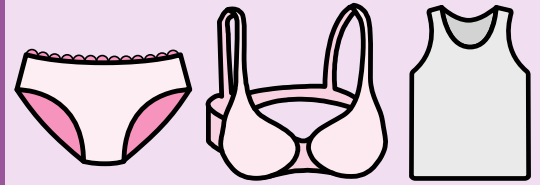


pyjamas



off

2



underwear

3



socks

or



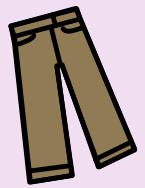
tights

4



skirt

or



trousers

5



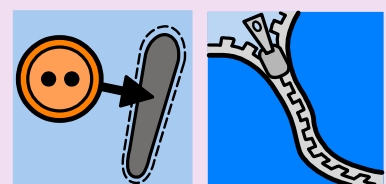
blouse

or



t-shirt

6



fasten

7



jumper

or

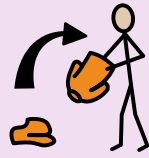


cardigan

8



ALL DONE



Getting Dressed - Women

1



pyjamas



off

2



knickers

3



bra

4



socks



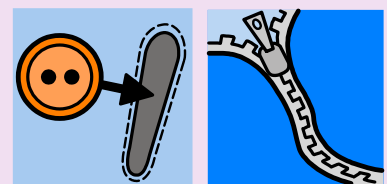
or tights

5



dress

6



fasten

7



jumper

or



cardigan

8



ALL DONE



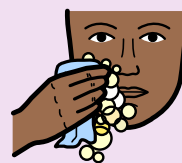
Get Ready for Bed

1



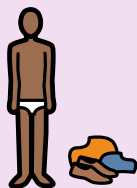
brush teeth

2



wash face

3



clothes off

4



clothes in wash basket

5



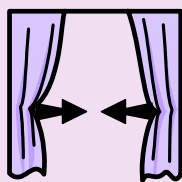
pyjamas on

6



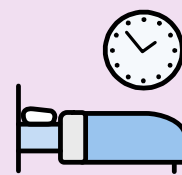
brush hair

7

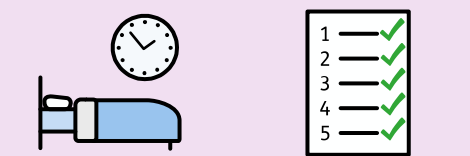


close curtains

8

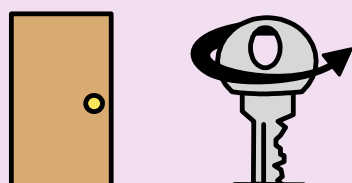


bedtime



Bedtime Checklist

1



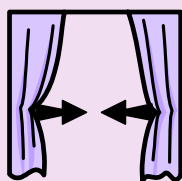
doors locked

2



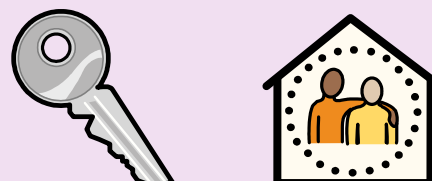
windows closed

3



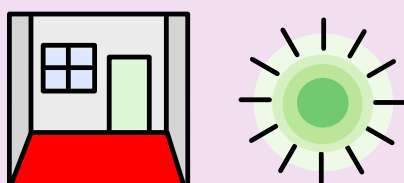
curtains closed

4



keys safe place

5



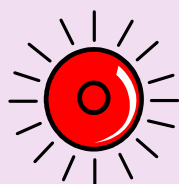
floor clear

6



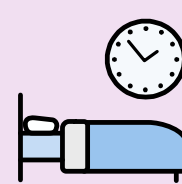
lights off

7



alarm on

8



bedtime



Make a Cup of Coffee



Boiling water can be dangerous

1



fill the kettle

2



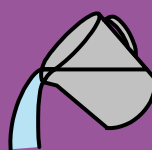
boil the kettle

3



put a teaspoon of
coffee in the mug

4



pour boiling water
into the mug

5



stir the water

6



add milk if you like

7

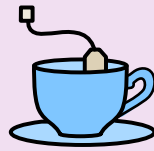


add sugar if you like

8



stir again



Make a Cup of Tea



Boiling water can be dangerous

1



fill the kettle

2



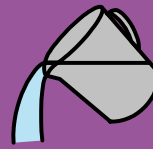
boil the kettle

3



put a teabag in a
mug

4



pour boiling water in
the mug

5



stir the water

6



remove the teabag

7



teabag in the bin

8



add milk if you like

9



add sugar if you like

10



stir again

