

§ 76323. Developmental Program Services -Health, Hygiene and Grooming.

- (a) Each client shall be encouraged and assisted to achieve and maintain maximum independence in health, hygiene and grooming including bathing, brushing teeth, shampooing, combing and brushing hair, shaving, dressing, undressing and caring for toenails and fingernails.
- (b) Each client shall show evidence of complete personal hygiene and grooming and shall be free of offensive odors.
- (c) Each client shall have his or her own personal toilet articles.
- (d) Each client shall have an allowance of neat, clean, suitable, age appropriate and seasonable clothing to meet his or her needs.
- (e) Clients shall have their own clothing which is properly and inconspicuously marked when necessary.
- (f) Clients shall be dressed daily in their own clothing, suitable to the activities in which they are participating.
- (g) Clients shall be taught and encouraged to, as appropriate:
 - (1) Select their daily clothing.
 - (2) Dress themselves.
 - (3) Change their clothes to suit the activities in which they participate.
- (h) Each client upon admission shall be given proper orientation to the facility and the facility's services and staff.
- (i) Clients shall be weighed at least monthly and the weight recorded in the client record.
- (j) Client's height shall be measured and recorded in the client's record at least quarterly until the client achieves maximum growth.
- (k) The client shall be trained to use dentures, eyeglasses, hearing aids and braces, when these are prescribed by appropriate specialists. Provisions shall be made to furnish, identify and maintain these items in good repair and to make them available to the client.

(l) When indicated, each client's individual program plan shall include measures to prevent the development of decubitus ulcers, contractures and deformities. If decubitus ulcers, contractures and deformities are present, the client's individual program plan shall indicate measures for treatment. These measures shall be implemented as written. Preventive and treatment measures shall include, but not be limited to:

- (1) Activation and mobilization programs.
- (2) Changing position of bedfast and chairfast clients.
- (3) Preventive skin care.
- (4) Body alignment and joint movement.
- (5) Pressure relieving devices.

(m) Measures shall be used to prevent and reduce incontinence for each client who does not eliminate appropriately and independently and shall include:

- (1) Written assessment within one month of admission of each client's ability to participate in a bowel and bladder management training program.
- (2) An individualized plan for each client selected for bladder and bowel training.
- (3) A monthly summary in writing of the client's performance in the training program.

Note: Authority cited: Section 208(a), Health and Safety Code. Reference: Sections 1276 and 1277, Health and Safety Code.

22 CCR § 76323, 22 CA ADC § 76323