

3. Grooming

Is the person able to groom themselves?

No

Task	Is the person able to fix their hair?	Is the person able to shave themselves?	Is the person able to perform fingernail and toenail care?	Is the person able to brush their teeth or dentures?
Why not?	<ul style="list-style-type: none"> - Can't grip - Muscle weakness - Tremors - Vision - Cognitive - DD 	<ul style="list-style-type: none"> - Can't grip - Muscle weakness - Tremors - Vision - Cognitive - DD 	<ul style="list-style-type: none"> - Can't grip - Muscle weakness - Tremors - Vision - Cognitive - DD 	<ul style="list-style-type: none"> - Can't see - Limited upper extremity function - Cognitive issues
Intervention?	OT	OT	OT	OT
Solutions and Strategies	<ul style="list-style-type: none"> - Velcro - Built-up handles - Blow dryer stand - Lightweight tools - Heavier tools - Long handle comb/brush - Beautician - Alternate hairstyle - Tube squeezer 	<ul style="list-style-type: none"> - Safety razor guard - Electric shaver - Freedom Wand - Other hair removal methods: depilatories, electrolysis - Barber - Grow a beard - Magnified/lighted mirror - Extended razor handle 	<ul style="list-style-type: none"> - Easy grip clippers - Suction cup nail brush - Extra-long lever clippers - Magnified/lighted clipper - One handed nail clipper - Spring opening nail scissors - Manicure/pedicure 	<ul style="list-style-type: none"> - Ultrasonic denture cleaner - Suction brush for cleaning dentures - Alt style toothbrush (finger brush, electric, musical) - Toothpaste dispenser - Tube squeezer - Plaque indicator tablets - Tooth timer -