Win Your *PIP*

Example of your personalised AR1 answers

Activity 4 · Washing and bathing

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Activity 4 · Question 39

Can you manage this activity safely and without any difficulty?

- [x] **No**
- [ ] Yes **Go to Activity 5**

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Activity 4 · Question 40

Do you need an aid?

For example, long handled sponge, shower seats, rails or visual alarm.

- [x] **No**
- [ ] Yes

No written answer needed for this answer.

41

Activity 4 · Question 41

Do you need prompting?

For example, reminding, encouraging or explaining by another person.

- [ ] No
- [x] **Yes**

What do they do for you and how often?

My daughter reminds and encourages me to wash about four days a week. When fatigue is bad, I struggle to start washing without encouragement. She reminds me to shower and checks that I have completed it.

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Activity 4 · Question 42

Do you need help from another person?

- [ ] No
- [x] **Yes**

What help do you need and how often do you need it?

My daughter helps me get into and out of the shower and helps me wash my lower legs and feet about four days a week. I struggle with bending and maintaining balance because of pain and dizziness.

43

Activity 4 · Question 43

Please tell us why and when these needs began

I began needing this help around March 2023, when fatigue, pain and dizziness became worse. Since then I have struggled to manage washing independently on difficult days and rely on my daughter for prompting and physical assistance.

Illustrative example only. Real answers are personalised.