

In-Home Aide Newsletter- March 2026 Posttest
Personal Care
ANSWERS

1. Personal care activities include a person's body, appearance, and hygiene and are a part of activities of daily living (ADL's).

True

2. Knowledge, skills, abilities, and attitude are components to consider with personal care assistance.

True

3. Person centered care considers a person's personal preferences in personal care and follows a person's routines and habits.

True

4. Assisting clients with personal care activities does not require training in skills required for personal care assistance by an In-home aide.

False

5. It is important to protect a person's right to privacy and to personal choice.

True

6. Assisting a person with bathing is time to inspect the client's skin for any signs of abnormalities.

True

7. Infection control is not a consideration with personal care.

False

8. A person who has a cognitive impairment may be fearful of bathing.

True

9. A client has a right to refuse a bath.

True

10. Oral health is essential to general health and well-being.

True