



Life Skills- Proper Hygiene				
Organization	Service Description	Address	Phone Number	Website
Ambitious About Autism	Article providing information related to hygiene and things to consider when its regarding an individual with autism	Woodside Avenue, Londo, N10 3 JA	020 8815 5444	https://www.ambitiousaboutautism.org.uk/understanding-autism/health/hygiene
Asperger Experts	Why People With Asperger's Won't Shower: And Insight Into Other Hygiene Issues	n/a	n/a	https://www.aspergerexperts.com/hygiene/why-people-with-aspergers-wont-shower-and-other-hygiene-issues/
Autism Speaks	Teen with Autism Needs Help with Hygiene & Appropriate Behavior	locations vary	1-888-288-4762	https://www.autismspeaks.org/expert-opinion/teen-autism-needs-help-hygiene-appropriate-behavior
Car Autism RoadMap	Teaching Your Child Hygiene and Grooming Skills	3401 Civic Center Blvd, Philadelphia, PA 19104	1-866-570-6524	https://www.carautismroadmap.org/teaching-your-child-hygiene-and-grooming-skills/
Early Autism Project	Teaching and Maintaining Daily Hygiene Routines	1321 Murfreeboro Road, Ste 702, Nashville, TN 37211	1-877-359-7629	https://earlyautismproject.com/blog/teaching-maintaining-daily-hygiene-routines/
My Aspergers Child	Article titled ' Aspergers and Poor Personal Hygiene'	n/a	n/a	http://www.myaspergerschild.com/2011/01/aspergers-and-poor-personal-hygiene.html

National Autistic Society	Article titled ' Self-Care Skills' which provides tips for developing the self-care skills and personal hygiene for individuals with autism	393 City Road, London, EC1V 1NG United Kingdom	44 (0) 20 7833 2299	https://www.autism.org.uk/about/health/self-care.aspx
Raisingchildren.net.au	Like all children, children with autism spectrum disorder (ASD) need to take extra care with personal hygiene when they reach puberty. Here are some ideas to make hygiene easier for them to manage.	n/a	n/a	https://raisingchildren.net.au/autism/health-daily-care/daily-care/personal-hygiene-teens-with-asd
Vanderbilt Kennedy Center	Download A Parents Guide on Puberty for Boys or Girls w/ Disabilities	110 Magnolia Circle, Nashville, TN 37203	615-322-8240	https://vkc.mc.vanderbilt.edu/health/hybodies/

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