

Tips for Shaving

Shaving could be a task that could cause distress for an autistic person; for some it will be a sensory nightmare, for others it may cause anxiety due to the affect or change it has on appearance.

Below are some tips to help with this task:

- For some people shaving may just be too much, and a trimmed beard may be a better option.
- Wherever possible make the preparation inclusive; allow choices regarding which razor / shaver to use and what products to try.
- Consider sensory issues. There are lots of sensory experiences involved with shaving: the wetness / moisture on the skin, the smell of shaving foam or soap, the sound of an electric razor... there are lots of issues to consider. Before introducing shaving consider specific sensory needs and what adaptations you will need to make. Talk to an occupational therapist; things such as a weighted razors may work better.
- Use picture symbols / visual cues; these can be helpful to explain the process of shaving. You could try taking photographs to make a visual schedule which can be useful in helping to explain the order of shaving.
- Demonstrate and model. Where appropriate it can be helpful for you to demonstrate how to shave, step by step. If this isn't possible there are some videos on YouTube to help you with this.
- Consider different ways hair can be removed such as creams, wax strips, and facial trimmers.
- Help preparedness by introducing the concept of shaving gradually. The many changes any person will go through during puberty can be distressing. Discuss where hair will grow. Spend time getting used to the sounds or the vibration an electric shaver makes, if that is what they are going to be using.
- Set shaving dates. Using a calendar, pick a date when shaving will take place, helping create consistency and predictability.
- Address safety issues. Razors can be very sharp and can cause injuries if not used safely.