# Resources and further information to accompany episode 4: Personal Care

In this episode, Tess and Polly ask guests about personal care, exploring everything from removing unwanted body hair to using public facilities. They also delve into everyone’s favourite time of the month and find out more about managing menstruation.

You can catch up or listen again to the podcast [here](https://varadio.podbean.com/e/nothings-off-limits-personal-care-ep4/).

If you want to follow up on any of the resources mentioned in the podcast or learn more, we’ve pulled together the following to help you find out more.

## Resources mentioned in the podcast

Our guest Emma-Mae Schmidt’s fantastic publication ‘The Blind Girls’ Guide to Puberty’ is available here: <https://www.spevi.net/wp-content/uploads/2015/07/Schmidt-E-M.-2019-The-Blind-Girls-Guide-to-Puberty-Booklet.pdf>

## Other resources

### Videos/Webinars and Podcasts

Youtube’s Molly Burke’s (“a typical sushi, makeup, and fashion loving millennial girl who just so happens to be blind!”) video about periods: <https://www.youtube.com/watch?v=fJ-JuSEnkdg&t=63s>

Youtube’s Lucy Edwards’ video finding out how three blind people talk about menstruation: <https://www.youtube.com/watch?v=9vEnsaDKfxE>

### Apps and Websites

The Master Locksmiths Accessibility Key (MLAK) is a system “that allows people with a disability access to dedicated public facilities by purchasing an MLAK key which will open all toilets, playground equipment and other facilities fitted with a lock that uses the special MLAK cylinder” here: <https://masterlocksmiths.com.au/mlak/>

You can find a map to accessible public toilets here: <https://toiletmap.gov.au/>

Article about menstruating while disabled: <https://helloclue.com/articles/cycle-a-z/menstruating-while-disabled>

Three ways to deal with periods if you are blind or visually impaired: <https://www.wikihow.com/Deal-with-Periods-if-You-Are-Blind-or-Visually-Impaired>

The website of Jean Hailes – “a national not-for-profit organisation dedicated to improving women's health across Australia through every life stage”: <https://www.jeanhailes.org.au/health-a-z/periods/resources>

Vision Aware’s guide to shaving: <https://visionaware.org/everyday-living/essential-skills/personal-self-care/shaving-your-face/>

### Further Reading

7 Amazing facts about periods from the website of the organisation helping provide menstrual hygiene products for homeless and low income people: <https://www.helpingwomenperiod.org/7-amazing-facts-about-periods-that-everyone-needs-to-know/>

To explore more of the podcasts in the Nothing’s Off Limits series please visit [www.visionaustralia.org/nolimits](http://www.visionaustralia.org/nolimits)

All links correct at time of publishing.

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