



**Contact Family & Nursing Care**

**MD: 301.588.8200**

**DC: 202.628.5300**

**1.800.588.0517**

[www.FamilyNursingCare.com](http://www.FamilyNursingCare.com)

**We recommend checking off the list of tasks you would like your referred caregiver to provide.**

**PERSONAL CARE**

- Bed Bath/Sponge Bath
- Tub/Shower
- Shampoo Hair
- Brush/Comb Hair
- Brushing Teeth
- Shave
- Apply make up
- Nail Care/Clean and File
- Skin Care/Non-medicated lotion to dry areas
- Assist with getting dressed
- Vital Signs
- Medication reminder (After medicines are set up/ dispensed by an RN or family member)

**COMPANIONSHIP**

- Take for walk
- Shopping/Errands
- Accompany to appointments
- Provide transportation\*

\*Caregiver is reimbursed at current IRS rate

**NUTRITION**

- Prepare meals/snacks
- Assist feeding
- Feeding
- Encourage fluids
- Restrict fluids



**TOILETING**

- Assist to bathroom
- Assist to bedside commode
- Assist urinal/bedpan
- Incontinence care
- Empty colostomy/catheter bag\*

\*Board of Nursing regulations preclude caregivers from assisting with any other elements of colostomy or catheter care.

**MOBILITY**

- Assist with walking (ambulatory)
- Turn position in bed (bedridden)
- Transfer/Bed/Chair (wheelchair)
- Assist with home exercises
- Range of motion exercises

**SUPPORT SERVICES**

- Client's laundry
- Clean kitchen-Dishes
- Take out trash
- Maintain bathroom cleanliness
- Maintain bedroom/Vacuum/Dust
- Oxygen turned on/off only
- Maintain living area/Vacuum/Dust
- Make bed/change bed linens