

Caregiver Task Sheet

Please check off the tasks that you would like a 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/Apply Non-medicated Lotion to Dry Areas
- ☐ Assist with Getting Dressed
- ☐ Vital Signs
- ☐ Medication Reminder

Toileting

- ☐ Assist to Bathroom
- ☐ Assist to Bedside Commode
- ☐ Assist Urinal/Bedpan
- ☐ Incontinence Care
- ☐ Empty Urinary Drainage/Catheter bag
- ☐ Empty Colostomy Bag**

Companionship

- ☐ Take for a Walk
- ☐ Accompany to Appointments
- ☐ Shopping/Errands
- ☐ Provide Transportation***

*Shaving must be done with an electric razor only.

**DC regulations preclude caregivers from assisting with any part of colostomy care, including emptying a colostomy bag.

***Standard IRS mileage rates may be applicable.

Mobility

- ☐ Assist with Walking (ambulatory)
- ☐ Turn Position in Bed (bedridden)
- ☐ Transfer/Bed/Chair (wheelchair)
- ☐ Assist with Home Exercises
- ☐ Range of Motion Exercises

Nutrition

- ☐ Prepare Meals/Snacks
- ☐ Assist with Feeding
- ☐ Feeding
- ☐ Encourage Fluids
- ☐ Restrict Fluids

Support Services

- ☐ Client's Laundry
- ☐ Clean Kitchen/Dishes
- ☐ Take Out Trash
- ☐ Maintain Bathroom Cleanliness
- ☐ Maintain Bedroom Cleanliness
- ☐ Oxygen Turned On/Off Only
- ☐ Maintain Living Area/Vacuum/Dust
- ☐ Make Bed/Change Bed Linens



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