

# 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\*\*\*\*

## 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

\*After medicines are set up/dispensed by an RN or family member.

\*\* Maryland and DC Board of Nursing regulations preclude caregivers from assisting with any other elements of catheter care.

\*\*\*Maryland Only. Maryland Board of Nursing regulations preclude caregivers from assisting with any other elements of colostomy care. DC regulations preclude caregivers from assisting with any part of colostomy care, including emptying a colostomy bag.

\*\*\*\*Standard IRS mileage rates may be applicable.

MD: 301.588.8200 | 410.697.8200 • DC: 202.628.5300 • [familynursingcare.com](http://familynursingcare.com)

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