

# Caregiver Task Sheet

Possible tasks that could be asked of you during your shift.



## Personal Care

- Bed Bath/Sponge Bath
- Tub/Shower
- Shampoo Hair
- Brush/Comb Hair
- Brushing Teeth
- Shave\*
- Apply Makeup
- 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\*\*

## Mobility

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

## Companionship

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

## 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

\*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.