

CARE SERVICES CHECKLIST

TO ENHANCE YOUR LIFESTYLE

COMPANION CARE MAY INCLUDE:

- COMPANIONSHIP
- LIGHT HOUSEKEEPING: LAUNDRY, CHANGING BED LINENS, TIDYING, WASHING DISHES, TAKING OUT THE GARBAGE, DUSTING, VACUUMING, HELPING ORGANIZE HOUSEHOLD ITEMS
- MEAL PREPARATION, SERVICE & CLEAN UP
- ASSISTANCE WITH SPECIAL DIETS
- MEDICATION REMINDERS & MONITORING
- HELPING WITH CLOTHES SELECTION AND DRESS
- STYLING HAIR, MAKEUP APPLICATION, & SHAVING
- LIGHT EXERCISE/WALKING
- SHOPPING: GENERAL & GROCERY
- PLANNING & ESCORTING TO DR'S APPOINTMENTS, BEAUTY SALON, AND SOCIAL ACTIVITIES
- ATTENDING SOCIAL ACTIVITIES SUCH AS: LECTURES, PLAYS, CHURCH, CONCERTS
- DROPPING OFF AND PICKING UP PRESCRIPTIONS
- HELPING SORT INCOMING AND OUTGOING MAIL
- LETTER WRITING
- MAILING LETTERS & PACKAGES
- SPECIAL OCCASION REMINDERS
- READING
- HELPING WITH PET AND PLANT CARE
- HELPING WITH SIMPLE FLOWER GARDENING
- ARRANGING AND OVERSEEING HOME CARE SERVICES SUCH AS: MAINTENANCE, DELIVERIES, GARDENING, ETC.
- PARTICIPATING IN CRAFTS, CARDS, AND OTHER
- SIMPLE SEWING ASSISTANCE
- RECORDING FAMILY & PERSONAL HISTORY
- OTHER _____

PERSONAL CARE:

- PROVIDE STABILIZATION & ASSISTANCE WITH BATHING
- BED BATHS
- ASSIST WITH TOILETING, BRIEF CARE, BED PANS
- ASSISTANCE WITH COLOSTOMY CARE
- TRANSFERING: WEIGHT BEARING & NONWEIGHT BEARING
- SLIDE BOARD
- HOYER LIFTING
- ASSISTING WITH STYLING HAIR, MAKEUP APPLICATION & SHAVING
- ASSISTANCE WITH EATING
- PHYSICAL THERAPY HOME EXERCISES, RANGE OF MOTION
- LOGGING PHYSICAL ACTIVITIES, MEDICATION COMPLIANCE AND HEALTH STATUS
- OTHER _____

- HOURLY SERVICE
- LIVE IN SERVICE
- 24 HOUR ROUND THE CLOCK CARE
- NIGHT SERVICE