

*List of Services*

| Light Housekeeping  ● Dust and vacuum  ● Clean kitchen and bathrooms  ● Organize closets  ● Make beds and change the linens ● Laundry  ● Light ironing  ● Wash dishes  ● Take out trash  Personal Care  ● Assist with bathing and monitor for safety  ● Assist with dressing and grooming ● Assist with toileting  ● Incontinence care  Errands & Transportation  ● Grocery and clothes shopping ● Pick up prescriptions  ● Doctor appointments  ● Make bank deposits  ● Theater and movie events  ● Dine out for breakfast, lunch or dinner  ● Drive to family gatherings  ● Handle dry-cleaning  ● Buy stamps, mail packages  ● Attend church services  ● Run other errands as requested  Miscellaneous  ● Warm companionship  ● Validation communication  ● Conversation  ● Play board games | ● Read  ● Do crossword puzzles  ● Arts and crafts projects  ● Cook together  ● Pet care  ● Assist with walking and light exercises ● Mobility and transfer assistance  ● Supervise home maintenance such as house cleaning, plumber, gardener,  etc.  ● Medication reminders  ● Walk  ● Garden  ● Mend clothes  ● Answer the phone  ● Sort bills, read mail, write letters  ● Documentation of services provided ● Holiday preparation  Meal Preparation  ● Plan meals  ● Prepare snacks and meals during shift ● Prepare meals for client to eat after you leave  ● Clean-up after meal preparation  24 hour Services  ● Includes awake overnight shifts  ● Prepare breakfast and clean up in the morning  ● Assist client to and from bed  ● Assist client throughout the night  ● Launder your sheets and towels  ● Includes all of the above listed services as well |
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