



Seniors Helping Seniors®

...A WAY TO GIVE AND TO RECEIVE®

Caregiver Tasks

Companionship & Nutrition

- Take for a Walk
- Accompany to Appointments
- Grocery Shopping
- Medications Pick-up
- Wedding Escorts
- Drive to appointments/Hospital pick-up
- Prepare Meals/Snacks
- Assist with Feeding
- Feeding
- Encourage or Restricts Fluids

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 and clean Colostomy Bag

Mobility

- Assist with walking (ambulatory)
- Turn position in bed (bedridden)
- Transfer/Bed/Chair (wheelchair)
- Assist with home exercises
- Range of motion exercises

Support Services

- Receiver'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
- Pet care (walking, feeding)

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