



Contact Legacy Home Care

MD: 301.587.9600
DC: 202.639.9888

www.LegacyHomeCare.org

We recommend checking off the list of tasks you would like your 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/Non-medicated lotion to dry areas
- Assist with getting dressed
- Vital Signs
- Medication reminder (After medicines are set up/dispensed by an RN or family member)

COMPANIONSHIP

- Take for walk
- Shopping/Errands
- Accompany to appointments

NUTRITION

- Prepare meals/snacks
- Assist feeding
- Feeding
- Encourage fluids
- Restrict fluids



TOILETING

- Assist to bathroom
- Assist to bedside commode
- Assist urinal/bedpan
- Incontinence care
- Empty colostomy/catheter bag*

*Board of Nursing regulations preclude caregivers from assisting with any other elements of colostomy or catheter care.

MOBILITY

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

SUPPORT SERVICES

- Client's laundry
- Clean kitchen-Dishes
- Take out trash
- Maintain bathroom cleanliness
- Maintain bedroom/Vacuum/Dust
- Oxygen turned on/off only
- Maintain living area/Vacuum/Dust
- Make bed/change bed linens