

## Personal Care, Household Assistance and Transportation What can our home care aides do for you?

The following lists various tasks typically provided by Sunrise Home Care Aide. It is our goal to help you start assessing when a little help at home would, indeed, be a blessing. We will stand-by to provide a helping hand as you care for your needs. Or, we can perform the tasks if you are unable to do so independently.

Partner with Sunrise and we'll help you with:

**Personal Hygiene:** Assistance with care of hair, teeth, dentures, shaving, filing of nails, and your other basic personal hygiene and grooming needs.

**Dressing:** Assistance with getting dressed or undressed. Includes assisting with difficult tasks such as tying shoes and fastening your clothing. We can provide complete dressing or undressing assistance if you are unable to participate.

**Bathing:** Assistance with bathing includes providing assistance getting in or out of the tub / shower or washing your back. We also can provide complete bathing if needed.

**Eating:** Assistance with eating such as cutting food, or buttering bread, encouraging fluid intake or actual feeding if needed.

**Toileting:** Assistance with your bladder or bowel functions. We can help you to the bathroom, with bedpan routines, using incontinence briefs or help you on and off the toilet. We also can help with routine perineal area / colostomy / catheter care.

**Ambulation:** Assistance to safely move around. This can include helping you walk alone or with help of a walker. We help you with the difficult parts of walking such as climbing stairs and can push or guide your wheelchair.

**Transfer:** Assistance with getting in and out of bed or wheelchair or on and off the toilet, or in and out of the bathtub or a vehicle. We provide the required specialized training if you are unable to assist in your own transfer.

**Positioning:** Assistance to assume a desired position, assistance in turning and positioning to prevent secondary disabilities, such as contractures, balance deficits or skin issues. Assistance with exercises to maintain the highest level of functioning that has already been attained and/or to prevent the decline of your physical functional level.

**Self-Medication:** Assistance to self-administer prescribed medications. This includes those important reminders of when it is time to take a medication.

**Body Care:** Assistance with exercises, skin care including the application of ointments or lotions including your feet. We do not provide foot care if you are diabetic or have poor circulation.

**Travel to Medical Services:** Accompanying or transportation to a physician's office or clinic in the local area to obtain medical diagnosis or treatment.

**Essential Shopping:** Assistance with shopping to meet your health care or nutritional needs. We can assist you when you can participate in shopping or can shop for you when you are unable or prefer not to do so.

**Meal Preparation:** Assistance with preparing meals. Includes planning meals, special diets, and cleaning up after meals.

**Laundry:** Washing, drying, ironing and mending of your clothing.

**Housework:** This includes, but is not limited to, such things as cleaning the bathroom and kitchen, sweeping, dusting, vacuuming, mopping, cleaning the oven and defrosting the freezer.

**Supervision:** We can be available to help you with personal care tasks that cannot be scheduled such as toileting, ambulation, transfer, positioning, and some medication assistance and/or being available to provide protective supervision.

Providing protective supervision is being there when a person cannot be left alone because of impaired judgment.

**Other Tasks not listed.** As no list can ever be complete, please discuss your individual needs with one of our supervisors

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