

# Home Care Checklist

Please use this checklist as a guide to help identify areas in which home care may be useful to you or a loved one.

## Personal Care

- Bathing
- Toileting
- Dressing
- Brushing Teeth
- Medication Reminders

## Housekeeping

- Laundry
- Cleaning kitchen, bathroom, etc.
- Dusting and vacuuming
- Changing linens

## Nutrition

- Buying groceries
- Cooking
- Meal planning
- Eating

## Transportation

- Getting to and from appointments
- Accompanying on public transportation
- Running errands

## Ambulation

- Walking in home
- Walking outside
- Climbing stairs
- Getting in and out of bed
- Getting in and out of chair/wheelchair
- Getting on and off toilet

## Telephone

- Arranging for medical appointments
- Arranging for transportation
- Arranging for social activities

## Socialization

- Participating in activities or attending outings with others
- Conversation with others
- Watching TV, reading aloud, or listening to music with others

Seniors • At • Home offers flexible home care services, ranging from 2 to 24 hours a day, short or long term, live in or live out. Whatever your need, we are here to help.

Contact us today and find out how we can assist you or a loved one.

**415-449-3777 • Info@SeniorsAtHome.org • www.SeniorsAtHome.org**

