

## Care Needs Checklist

	Non- medical Care	Skilled Healthcare
<b>Household Tasks</b>		
Light Housekeeping: clean and keep tidy all living areas	✓	
Laundry: wash and change bed linens and launder clothing, etc.	✓	
Meals: cook, grocery shop, prepare food ahead for later meals	✓	
Organization: schedule daily tasks and appointments, sort mail, etc.	✓	
<b>Transportation, Companionship, General Safety</b>		
Drive and escort on errands, shopping, and doctor appointments	✓	
Encourage social participation, escort on outings and to recreational events, everyday stimulating conversation, phone call assistance	✓	
Supervise in home to avoid falls, household accidents and ensure easy access to emergency contacts	✓	✓
<b>Personal Care</b>		
Eating: assist feeding, provide nutritious meals and adequate fluids	✓	✓
Bathing: assist bathing, transferring in/out of tub/shower, bed-baths as needed	✓	✓
Dressing & Grooming: assist dressing, glasses, hearing aids, special orthotics (i.e. braces), hair care, shaving, oral hygiene	✓	✓
Ambulation: assist walking, safe use of assistive devices, range of motion, and strengthening exercises	✓	✓
Toileting: assist to bathroom, bedside commode, urinal, bedpan usage	✓	✓
Incontinence: assist changing diapers, undergarments, pads, related skin care	✓	✓
<b>Communication</b>		
Therapy: assess, plan, implement and evaluate therapy to regain speech, breathing, and swallowing function		✓
Teaching: instruct speech therapy regime, evaluate technique and compliance		✓
Assistance: help to perform prescribed exercises, report progress to supervisor	✓	
<b>Support</b>		
Referrals: identify and arrange local resources for home care services, adult daycare, respite, financial assistance, and support groups		✓
Intervention: identify and arrange local resources for family and individual counseling and crisis intervention	✓	
<b>Wounds and Bedsores</b>		
Assess wound, incision, or bedsore; evaluate signs and symptoms of infection and monitor response to treatment		✓
Teach Care: instruct wound or bedsore regime, evaluate technique, compliance		✓

Treatment: perform wound/bedsore care per prescribed regime; report signs & symptoms of infection	✓	✓
<b>Alzheimer's and Dementia</b>		
Home Safety: closely supervise for safe environment, secure area with use of monitoring alarm devices to avoid wandering	✓	
Emotional Support: provide structured activity at appropriate cognitive level to minimize confusion	✓	✓
<b>Diabetes</b>		
New Diabetic: teach specialized skin care, insulin injection technique, blood glucose monitoring, hypo/hyperglycemia symptoms, and related emergency protocol		✓
Glucose Monitoring: remind to check blood glucose per orders, report results to supervisor	✓	
Insulin: remind to inject insulin per prescribed regime, follow-up, and report compliance to supervisor	✓	
Diet: prepare special prescribed diets, encourage compliance with restrictions	✓	
<b>Ostomies: Colostomy, Urostomy</b>		
New Ostomy: teach ostomy care, preventive skin care, troubleshooting		✓
Care: assist with ostomy changes, monitor peristomal skin blood work, and report results to physician		✓
<b>Feeding Tubes: G-Tube, NG Tube</b>		
New Tube: teach proactive skin care, dressing changes, and troubleshooting problems with blockage, tube placement, skin infections		✓
Tube Changes: insert new tube per authorized plan of care and as needed		✓
Feeding: teach tube feeding regime, evaluate competency and compliance		✓
Care: perform daily and as needed dressing changes and skin care to tube site		✓
<b>Catheters: Foley Indwelling and External</b>		
New Catheter: teach drainage bag changes and cleaning, securing tubing, troubleshooting dislodged catheters, placement, blockages, drainage amounts		✓
Catheter Changes: insert catheter per authorized plan of care and as needed		✓
Care: perform daily and as needed catheter care including emptying drainage bag, monitoring intake and output, cleaning and securing tubing and bags		✓
<b>Basic Health Monitoring</b>		
Skin: monitor for signs of breakdown, apply pressure reduction measures	✓	✓
Nutrition: monitor weight, nutritional intake, adhere to dietary restrictions	✓	✓
Intake/Output: encourage adequate fluids, monitor fluid intake and urine output	✓	✓
Vital Signs: take blood pressure, temperatures, pulses, and report changes		✓
Lab Monitoring: perform prescribed blood work and report results to physician		✓
<b>Medication Management</b>		
Remind to take medications and follow-up	✓	
Administer oral medications		✓
Teaching: instruct new medications or monitor changes in regime per plan of care, assess response,		✓

side effects, and adverse reactions		
Injections: administer prescribed injections per authorized plan of care, report side effects, adverse reactions		✓
Supplies: manage supply of prescriptions to have all meds on-hand	✓	✓
<b>Mobility</b>		
Home Assessment: evaluate home safety needs, arrange for adaptive equipment	✓	✓
Therapy: assess, plan, perform and evaluate physical therapy to regain strength and maximal activities of daily living plan		✓
Teaching: instruct prescribe exercise regime and safe ambulation with/without assistive devices		✓
Assistance: help perform prescribed exercises, report progress to supervisor	✓	