Home Attendant Care, Inc. Employment Application

1316 King St. Ste 1 Bellingham, WA 98229 Fax: 360-734-5908

204 N Skagit St. Burlington, WA 98233 Fax: 360-707-2346

Name: Street Address: City & Zip Code:					
			Have you ever applied to or	worked for H.A.(C. before?
Are you eligible for legal en	aployment in the U	JS?			
Date available to begin wor Do you have any criminal o					
Availability: Circle days yo Days Sat S	ou can work un Mon Tue W	ed Thur Fr	i		
Times available					
Types of shifts Hour	rly 12 hour da	ys 24 hour	NOC		
Skills & Training: Previou	s Experience: Circ	le Yes or No			
Bath Assist	Yes	No			
Bed Bound Care	Yes	No			
Catheter Care	Yes	No			
Dementia Care	Yes	No			
Hospice Care Incontinent Care	Yes	No			
Mechanical Lift	Yes	No			
Full Pivot Transfer	Yes	No			
NAR or NAC	Yes	No			
Fundamentals	Yes Yes	No No			
Aids Training / Certificate	Yes	No No			
Transportation:					
Do you have a valid driver's	license?	Yes	No		
Do you have a vehicle to dri		Yes	No		
Do you have automobile ins	urance?	Yes	No		
How far are you willing to the		Blaine	Lynden	Deming	
,	Anacortes		Stanwood	Concrete	
Education / Certifications:					

Work	Experience: (begin with	n most recent)		
•	Employer:		Phone #	
	City/State:			
	Your Position:	Supe	rvisor's name:	
	Dates Employed	to	Salary:	
	Reason for Leaving:			
	If still employed, may we	contact your current	employer? Yes	No
	Employer:		Phone #	
	City/State:			
	Your Position:	Supe	rvisor's name:	
	Dates Employed	to	Salary:	
	Reason for Leaving:			
	If still employed, may we	contact your current	employer? Yes	No
	Employer:		Phone #	
	City/State:			
	•			
	Reason for Leaving:			
	If still employed, may we			
	onal References: (Exclu			
1.	Name:			
2	City/State:			
2.	Name:			
****	City/State:	*******	Years known:	*********
s ther	initial to verify that you have any reason that would preve Yes If Yes, please giv	nt you from effectively	ob description:and safely performing this	s job?
upon a cuitable corocect agenci niring agency au and agency au and agency au	orize investigation of all state a Washington State Patrol cility for unsupervised work aries list of crimes and negadure Washington State Child less as allowed by law will be decision. I also understand to y checks for relevant information thorization for each of these gree that any offer of employments at any time and the entering was a washington to the second state of the second	ements contained in the riminal background chewith vulnerable adults ative actions. I unders Protective Services, A checked for relevant in that Home Attendant Cion for continuing empagencies to release informent with this organizat mployer may discharge information or omission	e application and understate the listing no convictions including but not limit tand that as a part of Hondult Protective Services, information that may be used are, Inc. may make period loyment. I also understand from the Home Attendation is of an "at will" nature the employee at any time was of facts called for in the action is of acts acts acts acts acts acts acts acts	nd that employment is contings which would reflect upon yed to those listed on the DS ome Attendant Care, Inc's his Washington State Patrol or o ed in Home Attendant Care, Indic reviews of the aforemention of that my signature below acct ant Care, Inc. I hereby understee, which means that the employith or without cause. Further application or interview(s) is care
	Signature	3		Date Signed



Background Check Authorization

PROCESSING CODE	

Transforming fires					
SECTION 1. ENTITY INFORMATION (COMPLETED 1A. ENTITY REQUESTING THE BACKGROUND CHECK	BY DSHS STAFF, PROVIDER, APPLICANT, LI 1B. ENTIRE ADDRESS OF ENTITY LISTED IN BOX 1/2	CENSEE, AND/OR CON	TRACTOR)	CONDARY ENTITY	
Home Attendant Care, Inc.	1316 King Street, Su		10.10.00		
	Bellingham, WA 982				
2. REQUIRED: NAME AND SIGNATURE OF PERSON REC	QUESTING THE BACKGROUND CHECK	Û Î	1.	Finger prints	
PRINTED NAME: Sharon Smith	SIGNATURE:	Therun In	<i>tl</i> .	required	
3. REQUIRED ONLY FOR DSHS STATE EMPLOYMENT		0,0			
DSHS POSITION NUMBER	NONE IF NONE) DSHS JOB CLASSIFICATION:			ON NUMBER:	
4. REQUIRED: BCCU ACCOUNT NUMBER		IMBER OR NAME	Bei D Acting		
IHS.FS.00000319					
SECTION 2. THIS SECTION IS FOR APPLICANT IN					
6. SOCIAL SECURITY NUMBER 7. REQUI	RED: DATE OF BIRTH (MM/DD/YYYY)	8. PRINT YOUR E-MAIL	ADDHE22		
9. REQUIRED: PRINT YOUR NAME AS IT IS LISTED ON YO	DUR DRIVER'S LICENSE OR OTHER PHOTO ID. WRITE	I N/A IN THE BOX IF YOU D	ON'T HAVE A NAME	TO ENTER.	
FIRST:	MIDDLE:	LAST:			
10. REQUIRED: PRINT ALL OTHER FIRST, MIDDLE AND L	AST NAMES YOU HAVE USED. WRITE N/A IN THE BO	X IF YOU DON'T HAVE A N	AME TO ENTER.		
FIRST:	MIDDLE:	LAST:			
REQUIRED: SELF DISCLOSURE QUESTIONS. SEE INSTR					
You must answer Questions 11A through 14. A					
11A. Have you been convicted of any crime?					
		State: Conviction	·		
11B. Do you have charges (pending) against y	ou for any crime? If yes, fill in the blanks b	∋low			
	Degree:	State:			
	ou an order or other final notification stating				
abused, physically abused, neglected, aba	andoned, or exploited a child, juvenile, or vu	Inerable adult?			
13. Has a government agency ever denied, te	•	U			
	have you ever given up your contract or lic				
	ailing to care for children, juveniles, or vulne			Yes 📙 No	
Has a court ever entered any of the following against you for abuse, sexual abuse, neglect, abandonment, domestic violence, exploitation, or financial exploitation of a vulnerable adult, juvenile or child?					
	n order / restraining order, either active or ea			163 🗆 110	
Sexual assault protection order under		chired, dilder novv 7-	1.34.		
-	ection order, either active or expired, under	RCW 10.14.			
See instructions for description of "per	manent."				
15. REQUIRED: PRINT YOUR DRIVER'S LICENSE OR STA	TE IDENTIFICATION NUMBER (WRITE NONE IF NONE	REQUIRED: PRINT TH	HE NAME OF THE ST	ATE ON YOUR LICENSE OR ID	
10 PEOUPED					
Have you lived in any state or country other that	n Washington State within the last three ye	ars (36 months)?	Yes 🗌 No		
17. A. REQUIRED: PRINT YOUR MAILING ADDRESS WI					
	APT. NO. CITY		STATE	ZIP CODE	
B. REQUIRED: PRINT THE STREET ADDRESS WHE	RE YOU LIVE NOW (WRITE "SAME" IF YOUR STREET	ADDRESS IS THE SAME AS	YOUR MAILING AD	ORESS)	
	APT. NO. CITY		STATE	ZIP CODE	
C. REQUIRED: GIVE THE DAYTIME AREA CODE AN	D TELEPHONE NUMBER WHERE YOU CAN BE REACH	ED			
18. I am the person named above. If I do not				nay not be allowed to	
1	hildren. I understand and agree my signatur				
	ackground with any governmental entity an de prior self-disclosure information and fing	J	•	DOUG Pookaround	
	n will be reported as allowed by federal or s		contained in the	e Dono background	
· -	report only my name and that a final finding		background ch	eck result.	
DSHS will give my background check	result to the persons or entities named in Se	ection 1 and may relea	ase my backgrou	nd check results to other	
persons or entities when the law author	rizes or requires DSHS to do so. Fingerpri	nt rap sheets are prov	ided if allowed b	y federal or state law.	
	check must submit this form to the Backgro	und Check Central Ur	nit within the time	frame required by the	
DSHS oversight program. 19. REQUIRED: YOUR SIGNATURE. YOUR PARENT OR G	HARDIAN'S SIGNATURE IE VOU ARE UNDER 19	120 B	FOURED: TODAY'S	DATE (MM/DD/YYYY)	
TOTAL TOTAL TOTAL TOTAL TOTAL	S. A.S., AT G SIGNATIONE II TOO ARE UNDER 16.	20. N	Ladites. TODATS	Once (MIM/DD/1711)	
PROGRAM USE	- FOLLOW INSTRUCTIONS PROVIDED BY YO	UR DSHS OVERSIGHT	PROGRAM		

DSHS SECRETARY'S LIST OF CRIMES AND NEGATIVE ACTIONS FOR USE BY ALL

Programs Administered by DSHS, including DSHS State Employees in Covered Positions w/ Access to Vulnerable People [EXCEPT programs administered by ALTSA Home & Community Services & ALSTA Residential Care Services]

Crimes:

A person who has a crime listed below is denied unsupervised access to vulnerable adults, juveniles, and children.

If "(5 or more years)" appears after a crime, the person is automatically denied unsupervised access unless 5 or more years has passed since the date of conviction.

After 5 years, an overall assessment of the person's character, competence, and suitability to have unsupervised access will determine denial.

Abandonment of a child

Abandonment of a dependent person not against child (5 or more years)

Abuse or neglect of a child

Arson

Assault 1

Assault 2

Assault 3 Domestic Violence

Assault 3 not Domestic Violence (5 or more years)

Assault 4/simple assault (5 or more years)

Assault of a child

Bail jumping

Burglary (5 or more years)

Child buying or selling

Child molestation

Coercion (5 or more years)

Commercial sexual abuse of a minor/ Patronizing a juvenile prostitute

Communication with a minor for immoral purposes

Controlled substance homicide

Criminal mistreatment

Custodial assault (5 or more years)

Custodial interference

Custodial sexual misconduct (5 or more years)

Dealing in depictions of minor engaged in sexual explicit conduct

Domestic Violence (felonies only)

Drive-by shooting

Endangerment with a controlled substance

Extortion 1

Extortion 2 (5 or more years)

Forgery (5 or more years)

Harassment (5 or more years)

Harassment Domestic Violence

Homicide by abuse

Homicide by watercraft

Identity theft (5 or more years)

Incendiary devices (possess, manufacture, dispose)

Incest

Indecent exposure/Public indecency (Felony)

Indecent liberties

Kidnapping

Leading organized crime (5 or more years)

Luring

Malicious explosion 1

Malicious explosion 2

Malicious explosion 3 (5 or more years)

Malicious harassment

Malicious mischief (5 or more years)

Malicious mischief Domestic Violence

Malicious placement of an explosive 1

Malicious placement of an explosive 2 (5 or more years)

Malicious placement of an explosive 3 (5 or more years)

Malicious placement of imitation device 1 (5 or more years)

Manslaughter

Murder/Aggravated murder

Patronizing a prostitute (5 or more years)

Possess depictions minor engaged in sexual conduct

Possess explosive device (5 or more years)

Promoting pornography (5 or more years)

Promoting prostitution 1 (5 or more years)

Promoting prostitution 2 (5 or more years)

Promoting suicide attempt (5 or more years)
Prostitution (5 or more years)

Rape

Rape of child

Reckless endangerment (5 or more years)

Registered sex offender

Residential burglary (5 or more years)

Robbery

Selling or distributing erotic material to a minor

Sending or bringing into the state depictions of a minor

Sexual exploitation of minors

Sexual misconduct with a minor

Sexually violating human remains

Stalking (5 or more years)

Theft (5 or more years)

Unlawful imprisonment (5 or more years)

Unlawful use of bldg for drug purposes (5 or more years)

Use of machine gun in a felony

Vehicular assault

Vehicular homicide (negligent homicide)

Violation of child abuse restraining order

Violation of civil anti-harassment protection order

Violation of protection/contact/restraining order

Violation of the Imitation Controlled Substance Act

(manufacture/deliver/intent - 5 or more years)

Violation of Uniform Controlled Substance Act

(manufacture/deliver/intent - 5 or more years)

Violation of the Uniform Legend Drug Act

(manufacture/deliver/intent - 5 or more years)

Violation of the Uniform Precursor Drug Act

(manufacture/deliver/intent - 5 or more years

Voveurism

Pending Crime – A person who has a pending crime on the Secretary's List is denied unsupervised access while awaiting a decision by a court, administrative entity, or governmental entity. Upon conviction or acquittal by the court, the Secretary's List is applied.

Attempt RCW 9A.28.020;

Conspiracy RCW 9A.28.030; and

Solicitation RCW 9A.28.040

These crimes may appear with a listed crime, such as Burglary. When the crime of attempt, conspiracy, or solicitation appears in conjunction with a crime on this list, it is treated the same as the listed crime.

Example: Unsupervised access is denied for Attempted Burglary for 5 years after the conviction.

<u>Sexual Motivation</u> – RCW 9.94A.835 –A person who has a court finding of sexual motivation is denied unsupervised access to vulnerable adults, juveniles, or children.

Bail Jumping – RCW 9A.76.170 - A person who has the crime of bail jumping is denied unsupervised access until a court decision is issued for the original crime that required bail. Upon conviction or acquittal by the court, the Secretary's List is applied.

<u>Negative Actions</u> are considered under individual program law and rule and may lead to denial of unsupervised access to vulnerable adults, juveniles, or children.

A negative action is an administrative or civil action taken against an individual and may include:

- A finding that an individual abused, neglected, exploited, or abandoned a vulnerable adult, juvenile or child issued by an agency, an Administrative Law Judge, or a court of law. A finding by an agency is not a negative action if the individual was not given the opportunity to request an administrative hearing to contest the finding
- Termination, revocation, suspension, or denial of a license, certification, and/or State or Federal contract
- Relinquishment of a license, certification, or contract in lieu of an agency negative action
- Revocation, suspension, denial or restriction placed on a professional license
- Department of Health disciplining authority finding



Disclosure Statement

I, ______ have never been:

1.	Convicted of an crime against children or other persons. Aggravated murder; first or second degree murder; first or second degree kidnapping; first, second, third degree assault; first, second, or third degree assault of a child; first, second, or third degree rape; first, second, or third degree rape of a child; first or second degree robbery; first degree arson; first degree burglary; first or second degree manslaughter; first or second degree extortion; indecent liberties; incest; vehicular homicide; first degree promotion prostitution; communication with a minor; unlawful imprisonment; simple assault; sexual exploitation of minors; first or second degree criminal mistreatment; child abuse or neglect as defined in RCW 26.44.020; first or second degree custodial interference; malicious harassment; first, second, or third degree child molestation; first or second degree sexual misconduct with a minor; patronizing a juvenile prostitute; child abandonment; promoting pornography; selling or distributing erotic material to a minor; custodial assault; violation of child abuse restraining order; child buying or selling; prostitution; felony indecent exposure; criminal abandonment; or any of these crimes as they be rename in the future.
2.	Convicted of crimes relating to financial exploitation if the victim was a vulnerable adult. A conviction for first, second, or third degree extortion; first, second, or third degree theft; first or second degree robbery; forgery; or any of these crimes that may be renamed in the future. A vulnerable adult is an adult who lacks the functional, mental, or physical ability to care for themselves
3.	Convicted of crimes related to drugs; A conviction of a crime to manufacture, deliver, or possession with intent to manufacture or deliver a controlled substance.
4.	Found in any dependency action under <u>RCW 13.34.040</u> to have sexually assaulted or exploited any minor or to have physically abused any minor;
5.	Found by a court in a domestic relations proceeding under Title 26 RCW to have sexually abused or exploited any minor or to have physically abused any minor;
6.	Found in any disciplinary board final decision to have sexually or physically abuse or exploited any minor or developmentally disabled person or to have abused or financially exploited any vulnerable adult; Any final decision issued by a disciplining authority under RCW 18.130 or the secretary of the department of health for the following businesses or professions: chiropractic, dentistry, dental hygiene, massage, midwifery, naturopathy, osteopathic medicine and surgery, physical therapy, physicians, practical nursing, registered nursing, and psychology.
7.	Found by a court in a protection proceeding under RCW. 74.34, to have abused or financially exploited a vulnerable adult. The illegal or improper use of a vulnerable adult or that adult's resources for another person's profit or advantage.
Em	ployee Signature Date:
Wit DOH	ness Signature Date:



HOME ATTENDANT CARE, INC. 1316 King Street, Suite 1 Bellingham, WA 98229 FAX 360/734-5908

EMPLOYMENT REFERENCE

I hereby authorize the release of any information requested on this employment reference. Applicant fills out * items Applicant's Signature Date Dear ____ We are a home care agency providing for both short and long-term care. Since our employees have considerable contact with clients, we attempt to hire those most suited to our work environment which is working in the homes of the elderly, handicapped, and convalescing people. A positive attitude, trustworthiness, patience, and good "people" skills are a must! Please be candid in your assessment to assist us in determining if this applicant meets our needs. All information is confidential. As an equal Opportunity Employer, we base our hiring decisions on job-related criteria without regard to race, age, gender, national origin, religion, marital status, sexual orientation, veteran's status, and mental or physical disability. Thank you for your cooperation. *Applicant:____ Other Names Known By:_____ *Position Desired:______ S.S.#: _____ Dates in Your Employ: From: ______ To:_____ Position Held: Is the Above Information Correct?:____Yes___No___If no, please explain:____ Please rate the applicant on the following: **EVALUATION** EXCELLENT GOOD FAIR **POOR** Cooperation & Teamwork Initiative & Enthusiasm Willingness to Accept Assignments Attendance & Punctuality Trustworthiness Attitude & Cooperation Relationship with Patients/Families Overall Work Performance Reason for leaving employment with you:______Would you Rehire? Yes_____No____ Reason: Comments:___ Name and Job Title of Person Completing This Form:_______Date:______

HOME ATTENDANT CARE, INC. 1316 King Street, Suite 1 Bellingham, WA 98229 FAX 360/734-5908

EMPLOYMENT REFERENCE

I hereby authorize the release of any information requested on out * items	this employment reference. Applicant fills
*	*
Applicant's Signature	Date
Dear	,
We are a home care agency providing for both short a have considerable contact with clients, we attempt to hire those which is working in the homes of the elderly, handicapped, and trustworthiness, patience, and good "people" skills are a must! assist us in determining if this applicant meets our needs. All in As an equal Opportunity Employer, we base our hiring regard to race, age, gender, national origin, religion, marital stand mental or physical disability. Thank you for your cooperation	nd long-term care. Since our employees e most suited to our work environment d convalescing people. A positive attitude, Please be candid in your assessment to information is confidential. decisions on job-related criteria without atus, sexual orientation, veteran's status.
*Applicant:Oth	er Names Known By:
*Position Desired:	S.S.#:
***	****************
5	
Dates in Your Employ: From: To:	
Position Held:	
Is the Above Information Correct?:YesNoIf no,	please explain:
Please rate the applicant on the following:	
EVALUATION EXCELLENT GOO	D FAIR POOR
Cooperation & Teamwork	
Initiative & Enthusiasm	
Willingness to Accept Assignments	
Attendance & Punctuality Trustworthiness	
Attitude & Cooperation	
Relationship with Patients/Families	
Overall Work Performance	
Reason for leaving employment with you:Woul	d you Rehire? YesNo
Reason:	
Comments:	
Name and Job Title of Person Completing This Form:	Date:



1316 King Street, Suite 1 Bellingham, WA 98229 FAX 360/734-5908

PERSONAL REFERENCE

Signature

I DIGOTAL RELEASIACE					
I hereby authorize the release of any inform	nation requested	on this person	nal reference.		
*	-	_		*	
Applicant's Sig	gnature				Date
Dear					
We are a home care agency provide considerable contact with clients, we attempt the homes of the elderly, handicapped, and good "people" skills are a must! Please be meets our needs. All information is confident As an equal Opportunity Employe race, age, gender, national origin, religion, disability. Thank you for your cooperation.	pt to hire those n convalescing per candid in your as ential. er, we base our hi marital status, se	nost suited to ople. A posit ssessment to tring decision	our work envir ive attitude, tru assist us in dete s on job-related	conment that is isstworthiness, ermining if this criteria with	s working in patience, and s applicant out regard to
Applicant:		(other Names K	nown By:	
Position Desired:		oyment Recru	niter		Date
EVALUATION Knowledge Ability to Handle Responsibility Initiative & Enthusiasm Dependability Trustworthiness Maturity Judgment Attitude Personal Appearance & Hygiene How well do you know the applicant? What is your relationship with the applican	t?				
How long have you known the applicant?					
Comments:					

Date

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CAREGIVER POSITION DESCRIPTION

Through a close working relationship with the client/family and other service providers, the caregiver is involved in providing the services necessary for the comfort, recovery, or rehabilitation of the client. The specific services to be provided by the caregiver are defined in a written Care Plan that is agreed to by the client and located in the HAC documentation book located in each home. The caregiver will be oriented to the home care requirements of the client prior to performing the care.

RESPONSIBILITIES - If you have questions or concerns about your client's care, ask your supervisor.

- 1. Always protect the confidentiality of the client and any paper that contains client related information.
- 2. In general, you should use your energy in a client's home to complete tasks in the following order: Personal care, ambulation, safety supervision, nutrition-related tasks and household chores.
- Provide or assist with bathing and personal care.
- 4. Observe and recognize changes in the client's condition and report them to the Home Care Case Manager.
- 5. Perform household services that are essential to the client's care at home.
- 6. Initiate emergency procedures in accordance with Home Attendant Care, Inc. policy.
- 7. Assist with medications in accordance with Home Attendant Care, Inc. policy.
- 8. Participate in case conferences.
- 9. Maintain a safe environment for the client.
- 10. Complete documentation of the services performed.
- 11. Provide observed problems or other client information to your supervisor in a timely manner.

The caregiver is **NEVER** allowed to:

- 1. Change a sterile dressing.
- 2. Take physician's verbal orders.
- 3. Administer an injection or perform other invasive procedures.
- 4. Prescribe or instruct a client to take prescription or non-prescription medications.

[If you have a question about whether a task is permissible, call your supervisor to ask about it.]

CAREGIVER SERVICE DESCRIPTIONS:

- 1. <u>Client Medication:</u> Caregivers may assist clients with medications in the following areas:
- Communicating appropriate information regarding self-administration to the client.
- Reminding the client to take a medication as prescribed.
- Reading the medication label to the client.
- Opening the medication container, mediset box or bubble pack.
- Handing the medication container to the client.
- Assisting with application of skin, rectal, nose, eye and ear preparations under the specific direction of the client.
- 2. <u>Personal Hygiene</u>: Assistance with care of hair, teeth, dentures, shaving, filing of nails, other basic personal hygiene and grooming needs. Includes supervising clients who can perform these tasks when guided, assisting clients who can participate in the care of their appearance, and performing grooming tasks for clients unable to participate in their own care.

- 3. <u>Dressing</u>: Assistance with dressing and undressing. Includes supervising clients who can dress and undress when guided, assisting with difficult tasks such as tying shoes and buttoning, and completely dressing or undressing clients unable to participate in dressing or undressing themselves.
- 4. <u>Bathing</u>: Assisting the client to bathe his or her body. Includes supervising clients who can bathe themselves when guided, assisting clients with difficult tasks such as getting in or out of the tub or washing their back, and completely bathing clients totally unable to bathe themselves.
- 5. <u>Eating</u>: Assistance with eating. Includes supervising clients who are able to feed themselves when guided, assisting with difficult tasks such as cutting food or buttering bread, and feeding clients unable to participate in feeding themselves.
- 6. <u>Toileting</u>: Assistance with bladder and/or bowel problems. Includes supervising clients who can take care of their own toileting needs when guided and helping clients to and from the bathroom. Assisting with bedpan routine, incontinence pads/briefs and lifting clients on and off the toilet. May include performing routine general peri-care, emptying and cleansing colostomy bag, washing around a catheter, and emptying and cleansing catheter bags.
- 7. <u>Ambulation</u>: Assisting the client to move around. Includes supervising clients who can walk alone or with the help of a mechanical device (such as a walker) when guided, assisting with difficult parts of walking (such as climbing stairs), supervising clients who are able to propel their wheelchairs when guided, pushing a wheelchair, and providing constant physical assistance to clients totally unable to walk alone or with a mechanical device.
- 8. <u>Transfers</u>: Assisting the client with getting in and out of a bed or wheelchair, on or off the toilet, or on and off another type of seat. Includes supervising clients who are able to transfer when guided, providing steadying assistance, helping clients who can assist in their transfer, and lifting or using a Hoyer lift for clients unable to assist in their transfer.
- 9. <u>Positioning:</u> Assisting the client to assume a desired position. Includes assistance in turning and positioning to prevent secondary disabilities such as constrictor and balance deficits or skin breakdown.
- 10. <u>Exercise or Range of Motion Exercises</u>: Assisting the client with range-of-motion or other exercise as prescribed and taught by a physician, a physical therapist or an occupational therapist.
- 11. <u>Body Care:</u> Skin care (including the application of ointments or lotions), changing dry bandages or dressings which do not require professional judgment. Excludes foot care beyond washing of feet and filing toenails. Excludes foot care for clients who are diabetic or have poor circulation other than washing their feet. Excludes changing bandages or dressings when sterile procedures are required. Body care tasks are limited to clients who are able to supervise the provision of these tasks. Fingernails may be clipped except if client is a diabetic.
- 12. <u>Travel for Out-of-home Services and Functions</u>: Accompanying or transporting the client to a physician's office or clinic in the local area to obtain medical diagnosis or treatment, to other local areas to obtain diagnosis or treatment, or to other services, shopping, recreational, religious, or other functions related to the client's well being. Extended travel with a client out of the country or for overnight or extended periods must be pre-approved by Home Care Case Manager.
- 13. <u>Shopping</u>: Shopping in the local area to make purchases as directed by the client and family. Includes assisting clients who can participate in shopping or for clients unable to participate. Shopping done independent of the client must be documented on a Daily Graphic sheet with the

amount of original cash provided by the client, the amount spent and the amount returned to the client along with the client's signature. Receipts should be given to the client.

- 14. <u>Meal Preparation</u>: Assistance with preparing meals. Includes planning meals (including special diets), assisting clients who are able to participate in meal preparation, preparing meals for clients unable to participate, and cleaning up after meals. Whenever possible the client should give directions on how the meal should be cooked, seasoned, and presented to the client. The client should also be involved in selecting the items included in the meal the worker prepares. Clients may be involved in the cooking process when it is safe for them to do so in order to help maintain their normal functioning and dignity.
- 15. <u>Household Assistance</u>: Assistance in household tasks necessary to provide a clean environment in which the client lives to maintain his/her social and psychological well being.
- Clients should provide all equipment and cleaning supplies. Tasks are done daily, weekly, or periodically to maintain a safe and healthy environment. Activities performed include washing dishes, taking out trash, cleaning cupboards, defrosting the refrigerator, mopping, sweeping, cleaning bathrooms and kitchen, vacuuming and dusting objects and furniture that are <u>non-breakable</u>. We do <u>not</u> dust or wash items in china cabinets or fine glass or china pieces.
- Tasks that jeopardize the worker's health or safety are inappropriate. If a question arises about a task, either the client or the worker should consult the Home Care Case Manager before the task is attempted.
- No climbing or heavy lifting should be done. No tasks involving animal care other than feeding a cat/dog. Tasks should be limited to those that protect the client's health and safety and should be confined to the area of the home used by the client on a daily basis. Caregivers do not normally do yard/garden work or outside cleaning.
- 16. <u>Laundry Assistance</u>: Mending, washing, drying, and ironing clothes and linens. Ironing should be limited to tasks required to make clothes presentable. No major alteration of garments should be required of worker. The laundry service is generally defined as *the client's clothes only*. However, a caregiver may assist a spouse or partner in the home with their laundry if it will conserve energy they may need for assisting the client. The client is responsible for all costs related to laundry. Laundry may be done at a laundromat if there is no washer or dryer in the house.
- 17. <u>Changing and Laundering Bed Linens</u>: Changing and laundering <u>client's</u> bed linens as needed and <u>changing and laundering caregiver's</u> bed <u>linens</u> and <u>towels</u> at the end of a live-in shift.
- 18. <u>Standby Assistance</u>: Being available to help the client with personal care tasks that cannot be scheduled, such as toileting, ambulation, transfer, positioning, and some medication assistance and safety supervision.

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