



DEPEND ON US FOR INDEPENDENT LIVING!

Use the following to determine whether you need non-medical care:

PERSONAL CARE

Check all of the boxes that you believe that you may need assistance with related to Activities of Daily Living:

- | | | |
|--|--|--|
| <input type="checkbox"/> Bathing | <input type="checkbox"/> Feeding | <input type="checkbox"/> Urinary Catheter Care |
| <input type="checkbox"/> Mouth and Oral Hygiene | <input type="checkbox"/> Toileting | <input type="checkbox"/> Oxygen Therapy |
| <input type="checkbox"/> Shaving | <input type="checkbox"/> Transferring from Bed to Standing/Chair to Standing or vice versa | <input type="checkbox"/> Medication Reminders |
| <input type="checkbox"/> Dressing | <input type="checkbox"/> Bladder and Bowel Care | <input type="checkbox"/> Nutrition and Fluids |
| <input type="checkbox"/> Hair Care (Washing/Combing) | <input type="checkbox"/> Skin and Nail Care | <input type="checkbox"/> Exercise |

HOMEMAKER

Check all of the boxes that you feel that you need assistance with:

- | | |
|---|---|
| <input type="checkbox"/> Light Housekeeping | <input type="checkbox"/> Bed Making |
| <input type="checkbox"/> Laundry | <input type="checkbox"/> Appointment Escort |
| <input type="checkbox"/> Shopping | |
| <input type="checkbox"/> Dishwashing | |
| <input type="checkbox"/> Meal Preparation | |
| <input type="checkbox"/> Food Safety | |
| <input type="checkbox"/> Special Diets | |

COMPANION

Check all of the boxes that you feel that you need assistance with:

- Companionship and Emotional Support
- Sharing Experiences
- Planning Visits and Outings
- Organizing and Reading Mail
- Attendance at Recreational or Social Events
- Meal Planning and Preparation
- Maintain Contact with Family, Friends, and Outside World
- Write/Type Letters/Correspondence

Call our office to share this checklist so that we can provide the help you need so that you can maintain your independence:

412.835.HOME (4663)

or visit our website to learn more about our services at

www.freedomathomepa.com



Caregiving Solutions from Our Family to Yours