

Hints and Tips

Type: Provider

Category: CARE Task Definitions

IPOne	CARE Assessment	Description
Walk/Loco	Walk in Room, Locomotion inside or outside of Room	Help client walk or move around the client's home and/or help walk or move in a wheelchair outside of the home, but still in the area of the client's home (e.g. patio, yard, mailbox, etc.)
Transfer	Transfer	Help client get in and out of a chair, couch, bed, or other furniture, stand up, sit down or get in/out of the wheelchair (do not include transfer in/out of bath/shower or in/out of car)
Bed Mobil/position	Bed Mobility and/or Turning/repositioning	Help to move client to and from a lying position, turn side to side or position body while in a bed, recliner or other type of furniture
Toileting	Toilet Use	Help client on/off toilet, bedside commode, or bedpan; wiping or cleansing after toileting; changing pads/briefs; and/or adjusting clothing as a part of toileting process. Includes help with a catheter, colostomy, commode or urinal
Bathing	Bathing	Help client to take a full-body bath, shower or sponge bath. It also includes help getting the client in/out of tub/shower
Eating	Eating	Help client to eat and drink; getting food or liquids from the dish or cup to the client's mouth or eating by other means such as tube feeding
Dressing	Dressing	Help client put on, fasten, and take off any items of clothing, including sleepwear, socks, shoes, and clothes the client will wear to go outside. Help to put on and take off braces, artificial limbs, and compression socks
Hygiene	Personal Hygiene	Help client take care of grooming and personal hygiene including combing hair, brushing teeth, denture care, shaving, applying makeup, washing/drying face and hands, fingernail care and help with period (menses care). Also includes washing hair in a sink at home or in a beauty/barber shop. Does not include bathing or taking a shower
Med Mgmt	Medication Management	Help client to take or use prescription medications, over-the-counter medicines, vitamins, or herbal supplements
Meal Prep	Meal Preparation	Help client to plan meals, assemble ingredients, cook, and/or set out food and utensils
Housekeeping	Housework	Help client do dishes, dust, make/change beds, vacuum, clean bathrooms and other rooms, take out garbage, tidy up, and/or do laundry
Shopping	Essential Shopping	Help client to get food, medical necessities and other household items such as cleaning supplies, toilet paper, etc. and/or went to/from the store and put the items away for the client
Lotion	Application of ointment/lotion to skin or foot	Help to apply non-prescription ointments or lotions to the client's skin or feet
Toe Nails	Foot care needs, Nails trimmed in last 90 days	Trim client's toe nails in the last 90 days
Pass ROM	Passive Range of Motion treatment	Help client to perform movements of their joint ONLY as far as the joint is able to move. A formal program needs to be first established by a qualified nurse (RN) or therapist
Bandage	Dry bandage change	Help client change a dry bandage on their foot/feet.
Transport	Transportation	Help client travel to/from health care providers. It includes driving a client to/from appointments, escorting to a health care appointment if the provider does not use the provider's personal vehicle to take the client to the appointment