

## HPC (Home Maker / Personal Care) Habilitation Services



Enhancing Lives  
Transforming Business  
Enriching Communities

### **Home Maker Services may include, but are not limited to:**

- Generalized Housekeeping Activities
- Cleaning Bedrooms: Make and change bedding
- Cleaning Bathroom: and teach how to prevent clogging plumbing
- Cleaning Kitchen: clean appliances, counters, tables and cabinets
- Cleaning: Refrigerator of stale food and storage consideration
- Wash: dishes, utensils and how to scrub cookware
- Trash: gather inside trash and relocate for pickup
- Floors: dust, mop, sweep and vacuum
- Windows: clean reachable windows and blinds from floor level
- Laundry: separate, fold, wash, dry, hang and iron
- Mend: clothes
- Meals: teach and assist meal plans and food storage and preparation
- Diets: assist with established diet plans, reinforce healthy eating (follow Physician's orders)
- Cleaning after meals
- Transport/escort: appointments (dental, doctor, errands, grocery shopping and outings)
- Shopping: as needed for necessary items on client's behalf
- Errands: run on client's behalf (pharmacy, post office, other)
- Reading: assist with reading vital information
- Communicate: assist with communication, hand-written or electronic correspondence
- Friendship: be a friend and provide emotional support

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### **Personal Care Services include, but are not limited to the following:**

- Food preparation for eating difficulties (cut to safe sizes or puree)
- Monitor food and liquid intake
- Follow diet restrictions
- Observe eating for proper and safe behavior to prevent swallowing and choking risks
- Assisting with bathing as needed (sponge or bed bath, tub or shower, and/or perineal care).
- Bathroom equipment use (tub seat; hydraulic tub seat; and hand-held shower wand).
- Assist with brushing (permanent teeth, floss, rubber pick, and or cleaning partials/dentures)
- General Grooming and Hygiene (shaving electric or safety razor, trim beard, apply make-up)
- Hair care (brush, shampoo, dry, style)
- Monitor and assist bowel regularity (dietary factors, appearance, frequency, suppository/enema)
- Assisting with transfers (transfer belt use, 1-person pivot moves, 2-person pivot moves, wheelchairs, mechanical lifts, walkers and canes as required)
- Proper self-administered medication (reminders of medication frequency, provide assurance of medication schedules are followed, medication within client's reach, open bottles/packaging, water or oral assistance, and storing medications safely)
- Assist with basic skin and nail care and observe skin changes (wash, dry, apply non-prescription lotion, soak/trim/file nails and push back cuticles)
- Assisting with dressing (as needed help putting on non-prescription support stockings)
- Empty or change external urinary collection containers (like catheter bags and supra-pubic bags)