

# Duties of a Caregiver/Shared Living Provider

Caregivers are essentially responsible for providing quality of life for those under their contracted care. Duties may change over time and caregivers must adapt to the needs of their client or loved one. All care plans are assessed in the person-centered planning process.

## 11 Essential Caregiver duties:

1. Assess Medical Needs
2. Monitor Medications
3. Develop a Care Plan
4. Help with Basic Needs
5. Maintain Housekeeping
6. Prepare Meals
7. Assist with Mobility
8. Provide Reliable Transportation
9. Be a Companion
10. Help with Hygiene
11. Promote Independence

### Assess Medical Needs

Caregiving is a uniquely intimate profession. As a caregiver, you'll be responsible for monitoring the medical needs of your loved one or client because their ability to do so may be limited. Medical needs are unique, as well as training requirements and clinical oversight.

### Monitor Medications

Your responsibility as a caregiver will be first to understand what they're taking and why. Then, you'll remind them to take the proper dosage at the correct time or administer medication once you have been trained by legal guardian or licensed nurse.

### Develop a Care Plan

Developing a care plan is the most important responsibility involved in caregiving. This involves dedicated attention to your client or loved one to determine their needs. As your client or loved one ages, modifications to their

routine, home, or care needs may be necessary to ensure they maintain a high quality of life. Care plans can be collaborated under a person-centered planning process, including a clinician and/or legal guardian.

### Help with Basic Needs

Specifically, this means as a caregiver, you should expect to assist in the daily routine of your client or loved one. Typical activities you'll assist in include bathing, grooming, cooking, eating, cleaning, and bathroom assistance.

### Maintain Housekeeping

A clean and safe home is essential for maintaining the health of your client or loved one. Typical caregiver duties for housekeeping include laundry, vacuuming, dishes, dusting, and much more.

### Prepare Meals

Part of the daily routine of a caregiver will be to prepare meals for and with your client or loved one. To maintain a healthy diet and ensure your client is well fed, a caregiver will typically cook for their client or loved one. If your client can participate in cooking, this will be assessed by the legal guardian, or occupational therapist.

### Assist with Mobility

If your client or loved one has limited mobility or understanding of risks and danger, the caregiver must assist their client or loved with those mobility issues. A fire escape plan will be assessed and included in the care plan assessment. It is the caregiver's duty to assist with fire escape planning.

### Provide Reliable Transportation

Depending on your client or loved one's needs, it may fall upon the caregiver to provide transportation to doctor's visits and other appointments.

### Be a Companion

Especially in cases where your loved one or client does not have a spouse, companionship becomes an increasingly more important responsibility as a caregiver. Companionship provides comfort, especially since there are

intimate caregiver activities which can affect your client's self-esteem or modesty. In addition, companionship provides emotional support which improves mental health.

### Help with Hygiene

Personal hygiene is incredibly important for maintaining health. The main reason a client neglects their personal hygiene is from lack of ability to do so independently. Caregiving responsibilities include bathing, oral care, skin care, nail care, and much more. While maintaining your client or loved one's personal hygiene is important for their physical health, it's also important for their mental health and self-esteem.

\*This list is not all inclusive and each resident has an Individualized Care Plan