**Get The Help You Need  
At Home**

**What Can I Expect From My Caregiver?**

**Activities of Daily Living (ADLs) a Caregiver May Perform in a Home Setting**

ADLs are basic tasks that most people perform independently. When a person is unable to do these tasks due to illness, injury, or disability, a caregiver may need to aid. Here are some common ADLs that a caregiver might help a patient within a home setting:

**Personal Care**

* **Bathing:** Assisting with showering or bathing.
* **Dressing:** Helping with dressing and undressing.
* **Grooming:** Assisting with hair, nail, and oral care.
* **Toileting:** Helping with using the restroom.
* **Incontinence care:** Managing incontinent products and assisting with toileting needs.

**Mobility**

* **Transfers:** Assisting with moving from bed to chair, chair to toilet, or other transfers.
* **Walking:** Providing support or using assistive devices to help the patient walk.
* **Range of motion exercises:** Assisting with exercises to maintain joint flexibility.

**Eating and Drinking**

* **Feeding:** Assisting with feeding if the patient has difficulty swallowing or using utensils.
* **Meal preparation:** Preparing meals or snacks that are appropriate for the patient's diet.
* **Fluid intake:** Monitoring fluid intake and assisting with drinking.

**Home Management**

* **Light housekeeping:** Tasks like dusting, vacuuming, and making beds.
* **Laundry:** Washing, drying, and folding laundry.
* **Meal preparation:** Cooking meals or assisting with meal preparation.
* **Medication reminder:** Reminding clients to take their medications as prescribed.

**Communication and Socialization**

* **Communicating with healthcare providers:** Assisting with scheduling appointments and communicating with doctors and nurses.
* **Social activities:** Accompanying the patient on outings or arranging social activities.

It is important to note that the specific ADLs a caregiver will need to perform will vary depending on the patient's individual needs and abilities.

**Versa Living Homes is a non-licensed home care agency.** We provide a range of services to support individuals who require assistance with daily living activities, including companionship, personal care assistance, and household chores. Our services are designed to help clients maintain their independence and quality of life.