* Assist with bathing, grooming, and dressing.
* Help with toileting and incontinence management.
* Provide mobility support, including transferring from bed to wheelchair or assisting with walking aids.
* Plan, prepare, and serve nutritious meals according to dietary needs.
* Assist with feeding if the individual has difficulty eating independently.
* Remind clients to take prescribed medications at the correct times.
* Assist with organizing medication, if permitted under local laws and training.
* Provide companionship to reduce feelings of loneliness or isolation.
* Encourage participation in social activities or hobbies.
* Actively listen to clients’ concerns and offer emotional reassurance.
* Perform light housekeeping duties, such as cleaning, laundry, and tidying up living spaces.
* Help maintain a safe and clean environment.
* Assist with travel arrangements for appointments, errands, or social outings.
* Accompany clients to medical appointments or shopping trips as needed.
* Observe and report changes in the client’s health, mood, or behavior to healthcare professionals or family members.
* Keep accurate records of services provided and client progress.
* Assist with prescribed physical therapy exercises or mobility routines.
* Encourage light activities to maintain physical well-being, as advised by healthcare providers.
* Help clients make informed decisions about their care and daily activities.
* Promote independence by encouraging clients to perform tasks within their capability.
* Provide care for individuals with specific needs, such as dementia, disabilities, or chronic conditions.
* Understand and follow care plans tailored to individual requirements.
* Follow all workplace guidelines, ethical standards, and legal requirements.
* Maintain confidentiality and respect clients' privacy and dignity.