IHSS Task Grid – Meals and Cleaning

		Month: _____														
	Day of the week:															
	Date:															
Meals	Meal preparation															
	Wash dishes and clean up kitchen															
	Menu planning/shopping list															
Cleaning	Empty trash															
	Clean kitchen surfaces/appliances															
	Throw out spoiled food															
	Making bed															
	Changing linen															
	Clutter management/tidying up															
	Dusting															
	Clean bathroom															
	Sweeping/vacuuming															
	Mopping															
	Miscellaneous cleaning															
	Laundry/ironing															
Other	Medical appointments															
	Shopping															
	Errands															

IHSS Task Grid – Personal Care

		Month: _____														
	Day of the week:															
	Date:															
Personal Care	Help with medication															
	Bathing/bed bath															
	Oral hygiene															
	Grooming															
	Dressing															
	Eating/feeding															
	Bowel/bladder															
	Menstrual care															
	Shift body position															
	Rub skin/massage															
	Lift/transfer															
	Help with walking															
	Help with prescribed exercises															
	Help with breathing equipment															
Other																
Total Hours Worked																
Caregiver Initials																