

## **Definition of Personal Care**

Personal care services are those, which a person would normally do for themselves, however because of illness, disability or frailty they are unable to perform without the assistance of another person.

Personal care includes:

- Assistance (or supervision) with bathing, showering, or sponging.
- Assistance with dressing and undressing.
- Assistance with shaving, hair care and grooming.
- Limited nail care, only following appropriate professional assessment.
- Assistance with mobility (in bed and out of bed) such as to sit up, to turn, to stand and walk, to sit, to transfer to commode, wheelchair, chair or vehicle.
- Assistance with eating and drinking, including cooking and preparation of food and special diets.
- Assistance with toileting.
- Assistance with prescribed exercise or therapy program.
- Fitting and use of appliances such as splint and callipers or hoists.
- Assistance with hearing aids and communication devices.
- Monitoring self-medication.
- Assistance in undertaking the tasks of daily living.

## **Home Care and Property Maintenance**

The service provides assistance with housecleaning and home maintenance tasks for frail older people, people with disabilities and their carers.

### **Service Aim and Objectives**

The aim of home care and property maintenance is to maintain a safe, secure, healthy home environment to enable frail older people and people with disabilities to live independently at home and in the community.

### **The Objectives of the Service are to:**

- Provide housecleaning services appropriate to the individual's level of physical functioning and their cultural norms;
- Ensure services are provided in a way which enhance and maintain an individual's abilities and independence;
- Undertake home maintenance tasks necessary to maintain the security and safety of consumers homes; and
- Support carers of frail older people and people with disabilities by providing assistance with tasks necessary to maintain a comfortable, healthy home environment.