

# CNA Task Sheet

Use this as a reference guide to help you and your loved ones make important decisions about the types of care you need to fit your life.

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## Medical Care

- Change Oxygen Tanks
- Assist with C-Pap
- Breathing Treatments
- Reminders/Administration
- Assist with Gait Belt
- Assist with Stand & Pivot
- Assist with Transfer Board
- Assist with Hoyer
- Medication
- Reminders/Administration
- Blood Sugar Test
- Reminders/Administration
- Insulin Shot
- Reminders/Administration
- Blood Pressure Check
- Heart Rate
- Temperature
- Tube Feed
- Reminders/Administration
- Assist PT/OT Exercises
- Receiving Hospice Services
- Journal Services

## Personal Care

- Bath/Shower/  
Sponge Bath
- Shampoo Hair
- Hair Care
- Shave
- Oral Care
- Denture Care
- Assist with Depends
- Assist to  
Bathroom/Commode
- Catheter Bag  
Empty/Change
- Empty Bag  
Colostomy/Ostomy
- Assist Dress AM/PM
- Assist with TED Hose
- Assist Walking
- Assist Wheelchair
- Assist Transfers
- Assist Meals/Snacks
- Make Meals/Snacks
- Feed Meals/Snacks
- Liquid Reminders
- Assist Liquids

## Companion Care

- Special Diet
- Diabetic Diet
- Low Sodium Diet
- Trash Disposal
- Dishes
- Sweep Floors
- Mop Floors
- Dust
- Vacuum
- Laundry
- Change Bed Linens
- Change Bath Towels
- Errands/Outings\*
- Pet Care: Water/Feed/Walk
- Other:

\* CNAs are customarily reimbursed at current IRS rate.

Typical hourly charge for CNA assistance through Care Consultants for the Aging is \$19.50-23.50 per hour, depending on length of visit, client location and cares needed while CNA is present.

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