

Personal duties

- Getting in /out of bed
- Washing and bathing/showering
- Washing hair/shaving/Combing or brushing hair/clipping nails/cleaning teeth
- Dressing and undressing
- Getting in and out of the wheelchair
- Using the toilet
- Medication and dressings
- Mealtimes: eg cutting up food, assistance to eat
- Physiotherapy exercises/moving limbs
- Turning in bed
- Assisting in and out of vehicles

Domestic duties

- General housework, including dusting, cleaning, and vacuuming, washing and ironing
- Minor household maintenance eg changing vacuum bags/light bulbs
- Cleaning and minor maintenance of car eg filling with petrol, pumping up tyres, checking oil
- Shopping
- Collecting prescriptions
- Making and changing beds
- Preparing meals, cooking and washing up
- Gardening
- Upkeep and maintenance of equipment eg wheelchair
- Looking after pets/dog walking
- Helping with child care

Social Duties

- Companionship/reading
- Accompanying on holiday
- Accompanying to theatre/cinema
- Accompanying to social meetings/friends/family/restaurants
- Accompanying to appointments or business meetings
- Accompanying shopping
- Accompanying to the hairdresser/barber/Doctor/Dentist
- Making tea for the employer's guests
- Taking/accompanying to work or college
- Assistance with studying at home
- Assistance with hobby
- Assistance with using a computer
- Managing bills/money/household paperwork
- Assisting with correspondence, reading and writing both personal or business letters