

## Mock Personal Care Routine

### My Step by Step Care Routine

#### Example #1

<b>Morning Routine</b>	
<b>Task:</b>	<b>Duration/Assistance Needed:</b>
Get out of bed	20 minutes/Full with Hoyer lift
Use Washroom	15 minutes/Minimal - getting on toilet only
Brush teeth	5 minutes/Minimal - Putting paste on brush
Wash up	15 minutes/Full
Get dressed	20 minutes/Full
Get in wheelchair	25 minutes/Full
Breakfast	20 minutes/Full with feeding
<b>Total:</b>	<b>2 hours</b>

#### Example #2

<b>Lunch Routine</b>	
<b>Task:</b>	<b>Duration/Assistance Needed:</b>
Cook	30 minutes/Full
Washroom Assist	Do while food is in/Full - with commode
Eat	30 minutes/Full - help with eating
<b>Total:</b>	<b>1 hour</b>

#### Example #3

<b>Bed Routine</b>	
<b>Task:</b>	<b>Duration/Assistance Needed:</b>
Washroom Assist	5 minutes/Minimal - with commode
Shower	30 minutes/Full - with Hoyer lift
Brush teeth	10 minutes/Minimal to None
Getting into bed	15 minutes/Full - with Hoyer lift



## My Personal Care Routine

Examples of areas you may require assistance include: transferring, lifting, medications, washroom, dressing, positioning, physiotherapy, treatments, bathing, grooming, and other.

I need complete help with:

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I need some help with:

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I prefer to be left alone for:

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Person(s) who have permission to assist with my personal needs are:

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