

<b>Task:</b> Personal Care		<b>Role:</b> Care Worker - Community		<b>Site:</b> Personal residential housing	
<p><b>Description:</b> The Care Worker drives to a client's home and then performs the duties that are required by that particular client. The Care Worker may work on his/her own in a client's home or with another Care Worker, depending on the client's mobility.</p> <p>May perform any of the following duties:</p> <ul style="list-style-type: none"> <li>- Personal care: including showering/sponging and dressing</li> <li>- Toileting, including rearranging clothing</li> <li>- Shopping</li> <li>- Assisting with mobility and transfers</li> <li>- Washing clothes/ Ironing</li> <li>- Preparing meals, cleaning dishes</li> <li>- General tidying &amp; Cleaning: including mopping, dusting, and vacuuming</li> </ul>				<p><b>Overall Physical Demand Rating:</b> Medium</p>	
				<p><b>OH&amp;S:</b> To be trained in correct manual handling and infectious disease control Fire evacuation and CPR training required.</p>	
<p><b>Shift Times:</b> Shift times vary depending on the needs of the particular clientele or what the arrangement be may otherwise.</p>				<p><b>PPE:</b> Closed-in shoes, mask, gloves and other appropriate clothing suitable for specific tasks.</p>	
<p><b>Physical Environment:</b> Care Workers are expected to provide car in the personal residents of their cliental.</p>		<p><b>Client Base:</b> Mixed for age, gender, concomitant illness or health issues, and abilities, ethnic or cultural background. Client needs / demands vary according to the individual <b>Education:</b> Personal care workers can work without having formal qualifications. The following are suitable</p> <ul style="list-style-type: none"> <li>- Certificate III / IV in Aged Care</li> <li>- Certificate III / IV in Disability</li> </ul> <p>In home personal care worker roles may require the person to hold a Certificate III or Certificate IV in Home and Community Care</p>			
<p><b>Physical Demands of Working Day</b> (Percentage of actual time spent doing task)</p> <p>R = Rare (0-5%)                      F = Frequent (34-66%) O = Occasional (6-33%)            C = Constant (67-100%)</p>				<p><b>Task Rotation:</b> Tasks are completed at the needs of the cliental. Although the needs may be repetitive order to completion is made upon the needs of the cliental.</p>	
Factors	R	O	F	C	Comment
Standing and Walking		X			Eg. Shopping, walking around clients house
Sitting	X				Eg. Driving between clients, documentation
Lifting <1kg				X	
Carrying			X		
Push/ Pull			X		Eg. Residents in shower chairs, wheelchairs, General cleaning,
Climbing	X				Eg. Step stools to access shelving
Bending			X		
Twisting			X		Eg, Helping client up and down from sitting
Squatting		X			Eg. Low personal care, assistance with dressing
Reaching			X		Eg. Transfers
Grip			X		Eg. Shopping, carrying groceries
Fine Motor			X		Eg. Assisting with personal care (hair, shaving) dressing (buttons), shopping



<b>Activity Level (Act.)</b>		
<b>R = Rare O = Occasional F = Frequent C = Constant</b>		
<b>Tasks</b>	<b>Activity Level</b>	<b>Physical capacity</b>
<b>Personal care: including showering/sponging and dressing</b>	<b>F</b>	<b>(C) bending, stooping, forward reaching</b>
Assisting with walking in/out of bathroom		
Personal washing and care of personal hygiene		
Dressing		
<b>Toileting, including rearranging clothing</b>	<b>F</b>	<b>(F) pushing/pulling, (F) bending</b>
Assistance with walking client to toilet		
Collection of change of clothing		
Personal hygiene cleaning/ wiping		
<b>Shopping</b>	<b>R</b>	<b>(R) bending, sitting, twisting, walking</b>
Driving		
Shopping at supermarket or similar for groceries		
Transportation of groceries		
Unpacking of groceries and arrangement of items		
<b>Assisting with mobility and transfers</b>	<b>F</b>	<b>(F) pushing/pulling</b>
Assisting with sitting to standing of client		
<b>Washing clothes/ Ironing</b>	<b>O</b>	<b>(F) forward reaching to hang clothing</b>
Arranging dirty laundry preparing for washing		
Hanging of wet items		
Standing when ironing		
<b>Preparing meals, cleaning dishes</b>	<b>O</b>	<b>(F) standing and (O) walking, duties can be down where sitting down allows</b>
Cooking and preparation of meals		
Washing and drying of dishes		
<b>General Housework &amp; Cleaning: including mopping, dusting, and vacuuming</b>	<b>F</b>	<b>(O) walking, bending and reaching</b>
Vacuuming		
Mopping		
Dusting		
General tidying of household items		