

I AM HERE TO HELP!

As a Personal Care Aide (PCA), here's what I can do:

- **Make an Occupied or Unoccupied Bed**
- **Pass Fresh Ice Water**
- **Pass Meal Trays/Open cartons & packets**
- **Check Resident Temps**
- **Perform One (1) Person Transfers**
- **Reposition the Resident in Bed/Float Heels**
- **Transfer the Resident to a Wheelchair using a Gait Belt**
- **Use a Gait Belt to Assist with Ambulation**
- **Oral Care/Denture Care (alert residents)**
- **Provide a Bed Bath/Perineal/Catheter Care**
- **Change an Incontinent Brief**
- **Assist the Resident with Getting Dressed**
- **Assist with Hearing Aids**
- **Assist the Resident to Bathroom or to use a Urinal
(1 person assist)**

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