

- j. Medication Reminders when medications have been preselected by the client, a Family Member, a nurse or a pharmacist, and the medications are stored in containers other than the prescription bottles, such as medication minders, and:
 - i) Medication minders are clearly marked with the day, time, and dosage and kept in a way as to prevent tampering;
 - ii) Medication reminding includes only inquiries as to whether medications were taken, verbal prompting to take medications, handing the appropriately marked medication minder container to the client and opening the appropriately marked medication minder if the client is unable to do so independently.
 - k. Cleaning and basic maintenance of durable medical equipment.
 - l. Protective oversight when the client requires supervision to prevent or mitigate disability related behaviors that may result in imminent harm to people or property.
 - m. Accompanying includes going with the client, as indicated on the care plan, to medical appointments and errands such as banking and household shopping. Accompanying the client may include providing one or more personal care services as needed during the trip. Attendant may assist with communication, documentation, verbal prompting, and/or hands-on assistance when the task cannot be completed without the support of the attendant.
3. **Health Maintenance Activities:**
- a. Skin care, when the skin is broken, or a chronic skin condition is active and could potentially cause infection, and the client is unable to apply prescription creams, lotions, or sprays independently due to illness, injury or disability. Skin care may include wound care, dressing changes, application of prescription medicine, and foot care for people with diabetes when directed by a Licensed Medical Professional.
 - b. Hair care including shampooing, conditioning, drying, and combing when performed in conjunction with health maintenance level bathing, dressing, or skin care. Hair care may be performed when:
 - i) Client is unable to complete task independently;
 - ii) Application of a prescribed shampoo/conditioner which has been dispensed by a pharmacy; or
 - iii) Client has open wound(s) or neck stoma(s).
 - c. Nail care in the presence of medical conditions that may involve peripheral circulatory problems or loss of sensation; includes soaking, filing and trimming.
 - d. Mouth care performed when health maintenance level skin care is required in conjunction with the task, or:
 - i) There is injury or disease of the face, mouth, head or neck;
 - ii) In the presence of communicable disease;

- iii) When the client is unable to participate in the task;
 - iv) Oral suctioning is required;
 - v) There is decreased oral sensitivity or hypersensitivity;
 - vi) Client is at risk for choking and aspiration.
- e. Shaving performed when health maintenance level skin care is required in conjunction with the shaving, or:
- i. The client has a medical condition involving peripheral circulatory problems;
 - ii. The client has a medical condition involving loss of sensation;
 - iii. The client has an illness or takes medications that are associated with a high risk for bleeding;
 - iv. The client has broken skin at/near shaving site or a chronic active skin condition.
- f. Dressing performed when health maintenance level skin care or transfers are required in conjunction with the dressing, or:
- i. The client is unable to assist or direct care;
 - ii. Assistance with the application of prescribed anti-embolic or pressure stockings is required;
 - iii. Assistance with the application of prescribed orthopedic devices such as splints, braces, or artificial limbs is required.
- g. Feeding is considered a health maintenance task when the client requires health maintenance level skin care or dressing in conjunction with the task, or:
- i) Oral suctioning is needed on a stand-by or intermittent basis;
 - ii) The client is on a prescribed modified texture diet;
 - iii) The client has a physiological or neurogenic chewing or swallowing problem;
 - iv) Syringe feeding or feeding using adaptive utensils is required;
 - v) Oral feeding when the client is unable to communicate verbally, non-verbally or through other means.
- h. Exercise including passive range of motion. Exercises must be specific to the client's documented medical condition and require hands on assistance to complete.
- i. Transferring a client when they are not able to perform transfers due to illness, injury or disability, or:

- i) The client lacks the strength and stability to stand, maintain balance or bear weight reliably;
 - ii) The client has not been deemed independent with adaptive equipment or assistive devices by a Licensed Medical Professional;
 - iii) The use of a mechanical lift is needed.
- j. Bowel care performed when health maintenance level skin care or transfers are required in conjunction with the bowel care, or:
- i) The client is unable to assist or direct care;
 - ii) Administration of a bowel program including but not limited to digital stimulation, enemas, or suppositories;
 - iii) Care of a colostomy or ileostomy that includes emptying and changing the ostomy bag and application of prescribed skin care products at the site of the ostomy.
- k. Bladder care performed when health maintenance level skin care or transfers are required in conjunction with bladder care, or:
- i) The client is unable to assist or direct care;
 - ii) Care of external, indwelling and suprapubic catheters;
 - iii) Changing from a leg to a bed bag and cleaning of tubing and bags as well as perineal care.
- l. Medical management as directed by a Licensed Medical Professional to routinely monitor a documented health condition, including but not limited to: blood pressures, pulses, respiratory rate, blood sugars, oxygen saturations, intravenous or intramuscular injections
- m. Respiratory care:
- i) Postural drainage
 - ii) Cupping
 - iii) Adjusting oxygen flow within established parameters
 - iv) Suctioning of mouth and nose
 - v) Nebulizers
 - vi) Ventilator and tracheostomy care
 - vii) Assistance with set-up and use of respiratory equipment
- n. Bathing is considered a health maintenance task when the client requires health maintenance level skin care, transfers or dressing in conjunction with bathing.

- o. Medication Assistance, which may include setup, handling and assisting the client with the administration of medications. The IHSS Agency's Licensed Health Care Professional must validate Attendant skills for medication administration and ensure that the completion of task does not require clinical judgement or assessment skills.
- p. Accompanying includes going with the client, as necessary on the care plan, to medical appointments and errands such as banking and household shopping. Accompanying the client also may include providing one or more health maintenance tasks as needed during the trip. Attendant may assist with communication, documentation, verbal prompting and/or hands on assistance when the task cannot be completed without the support of the Attendant.
- q. Mobility assistance is considered a health maintenance task when health maintenance level transfers are required in conjunction with the mobility assistance, or:
 - i) The client is unable to assist or direct care;
 - ii) When hands-on assistance is required for safe ambulation and the client is unable to maintain balance or to bear weight reliably due to illness, injury, or disability; and/or
 - iii) the client has not been deemed independent with adaptive equipment or assistive devices ordered by a Licensed Medical Professional.
- r. Positioning includes moving the client from the starting position to a new position while maintaining proper body alignment, support to a client's extremities and avoiding skin breakdown. May be performed when health maintenance level skin care is required in conjunction with positioning, or;
 - i) the client is unable to assist or direct care, or
 - ii) the client is unable to complete task independently.

8.552.4 CLIENT AND AUTHORIZED REPRESENTATIVE PARTICIPATION AND SELF-DIRECTION

8.552.4.A. A client or their Authorized Representative may self-direct the following aspects of service delivery:

1. Present a person(s) of their own choosing to the IHSS Agency as a potential Attendant. The client must have adequate Attendants to assure compliance with all tasks in the Care Plan.
2. Train Attendant(s) to meet their needs.
3. Dismiss Attendants who are not meeting their needs.
4. Schedule, manage, and supervise Attendants with the support of the IHSS Agency.
5. Determine, in conjunction with the IHSS Agency, the level of in-home supervision as recommended by the client's Licensed Medical Professional.