

2.

IHSS Self-Assessment Worksheet

In-Home Supportive Services Self-Assessment Worksheet

Domestic Services: For adults only. Children are not eligible to receive domestic service hours.

Domestic services are usually limited to 6 hours per month per household and divided by the number of people in the household. If you need more than 6 hours of domestic services per month because of the recipient's disability (e.g., more frequent bathroom cleaning due to incontinence, frequent dusting due to asthma, etc.), then mark the time needed in the columns below.

IHSS DOMESTIC SERVICES TABLE TO BE PRINTED AND FILL IN THE BLANKS

DOMESTIC SERVICES	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.	TOTAL
a. Sweeping and vacuuming								
b. Washing kitchen counters								
c. Cleaning oven and stove								
d. Cleaning and defrosting refrigerator								

DOMESTIC SERVICES	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.	TOTAL
e. Storing food and supplies								
f. Taking out garbage								
g. Dusting and picking up								
h. Bringing in fuel for heating or cooking purposes from a fuel bin in yard, miscellaneous								
i. Changing bed linens								
j. Miscellaneous								
TOTAL DOMESTIC SERVICES								

Related services: meal preparation, meal clean up, routine laundry, grocery shopping, other shopping, and other errands. (Monday through Sunday.)

IHSS RELATED SERVICES TABLE TO BE PRINTED AND FILL IN THE BLANKS

RELATED SERVICES	Mon.			Tue.			Wed.			Thurs.			Fri.			Sat.			Sun.			TOTAL
Breakfast=B, Lunch=L, Dinner=D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	
a. Preparing meals, serving meals, cutting up food*																						
b. Meal clean-up and menu planning**																						
c. Laundry, mending, ironing, sorting, folding, and putting away clothes (Usually, 60 minutes per week in-home, 90 minutes per week out-of-home)***																						

RELATED SERVICES	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.	TOTAL
d. Other Shopping / Errands (Usually, 30 minutes per week maximum)***								
e. Grocery Shopping								
TOTAL RELATED SERVICES								

Non-Medical Personal Care Services: heavy cleaning, nonmedical personal services

IHSS NON-MEDICAL PERSONAL SERVICES TABLE TO BE PRINTED AND FILL IN THE BLANKS

NON-MEDICAL PERSONAL SERVICES	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.	TOTAL
<u>HEAVY CLEANING</u>								
<u>NONMEDICAL PERSONAL SERVICES</u>								
a. Respiration*								
b. Bowel/bladder care (including help on/off commode)*								
c. Feeding and drinking*								
d. Bed baths*								
e. Dressing*								
f. Menstrual care*								
g. Ambulation*								

NON-MEDICAL PERSONAL SERVICES	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.	TOTAL
h. Transfer in/out of bed, seats*								
d. Grooming, bathing, hair care, teeth and fingernails*								
j. Rubbing skin to aid circulation, turning in bed, repositioning in wheelchair*								
k. Care and help with prosthesis, medications *								
TOTAL PERSONAL CARE SERVICES								

OTHER IHSS SERVICES TABLE TO BE PRINTED AND FILL IN THE BLANKS

OTHER IHSS SERVICES	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	TOTAL
Medical Transportation								
a. To medical appointments***								
b. To alternative resources								
YARD HAZARD ABATEMENT								
PROTECTIVE SUPERVISION								
PARAMEDICAL SERVICES (i.e., catheterization, injections, range of motion exercises, etc.)								
TOTAL WEEKLY SERVICES (Everything except Domestic Services)								
Multiply by 4.33 to get monthly total								

OTHER IHSS SERVICES	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	TOTAL
Plus Domestic Services (6 hours per month maximum unless more needed hours can be shown on page 1 above)								
TOTAL MONTHLY SERVICES								

* If asterisked hours equal 20 or more hours a week, recipient qualifies as “severely impaired.”

** Meal clean-up hours are included in determining whether severely impaired if IHSS assistance with meal preparation and consumption are necessary.

*** IHSS will pay for transportation time to get you to and from medical appointments, as well as wait time. To be paid for waiting at a medical appointment, the provider has to show that while they are at a recipient’s medical appointment, they cannot leave because they cannot predict how long the recipient’s appointment will take. For more information about transportation to and from medical appointments, and provider wait times at those appointments, see our IHSS Provider Wait and Travel Times publication, available online. [DRC Pub # 5607.01.](#)