

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								
e. Storing food and								

DOMESTIC SERVICES	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.	TOTAL
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, 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	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) ^{***}								
TOTAL RELATED SERVICES								

Related 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*								
h. Moving into and out of								

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

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

TRANSPORTATION SERVICES	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	TOTAL
Medical Transportation								
a. To medical appointments***								
b. To alternative resources								
YARD HAZARD ABATEMENT								
PROTECTIVE SUPERVISION								
<u>PARAMEDICAL SERVICES</u> (i.e., catheterization, injections, range of motion exercises, etc., specify)								
TOTAL WEEKLY SERVICES (Everything except Domestic Services)								

Multiply by 4.33 to get monthly 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](#).