

What are carers allowed to do?



Information for carers in 24 hour care

1 As a carer you can carry out the following simple care-related tasks:

- Household-related services: shopping, cooking, cleaning work, carrying out housework and doing errands, ensuring that there is a healthy ambient atmosphere, looking after plants and animals and taking care of clothing (washing, ironing, small repairs) etc.
- Providing support in coping with everyday life: structuring the day, providing help with everyday tasks.
- Providing company: having a chat, maintaining social contacts, accompanying the person during various activities.
- Keeping a household book with records about amounts spent on the person cared for.
- Practical preparations for when the person being cared for is going to a different place, such as for a holiday or a temporary hospital stay.

2 Unless there are medical or care-related reasons which oppose it, you can also carry out the following activities:

- Providing support in the oral consumption of food and drink as well as with taking medication.
- Support with washing and personal hygiene.
- Support with getting dressed and undressed.
- Support when using the toilet or commode, including help changing incontinence articles.
- Support when getting up, lying down, sitting down and walking, and moving from one place in the accommodation to another.

Important: Whether there are medical or care-related reasons which oppose a carer carrying out these tasks should be clarified with the affected person's general practitioner (family doctor). If there are medical or care-related reasons which oppose certain work being carried out, this work then has to be delegated/transferred to another person by a doctor or a qualified nurse.

3 You are not allowed to carry out the following tasks, unless they have been delegated/transferred to you by a qualified nurse or a doctor:

Any nursing work.

The following medical work:

- Administering medication.
- Applying bandages, the bandaging of bedsores with Allevyn foam bandages, Grasolind, Inadine dressings or Beta-Isodona.
- Giving subcutaneous insulin injections and subcutaneous injections of anticoagulant drugs.
- Taking blood from capillaries in order to determine blood sugar levels using a test strip.
- Simple light and heat applications and
- Other individual medical procedures as long as they are of a degree of difficulty which is comparable to the tasks described here or which make comparable demands on the carer.

Publishing Information

Media owner and publisher: Federal Ministry of Labour, Social Affairs, Health and Consumer Protection (BMASGK), Stubenring 1, 1010 Vienna **Place of publishing and manufacture:** Vienna **Title image:** © mauritius images/Phovoir/FCM Graphic
Layout & Printing: BMASGK **Version:** March 2019