



OPSWA

PSW SCOPE OF PRACTICE

Introduction:

Personal care is a service provided to individuals in their homes—wherever those homes may be—to meet their supportive, physical, and psychosocial needs. Hands-on personal care is delivered by an appropriately trained Unregulated Care Provider and, at times, involves working as part of a healthcare team under the supervision of a Care Planner or a Registered Health Professional (RHP). Supervision is required when performing designated tasks delegated by an RHP under the Regulated Health Professions Act (RHPA).

Personal Support Workers (PSWs) provide care to individuals who require assistance with activities of daily living. They may also perform additional care tasks delegated by an RHP, provided those tasks are performed safely and within provincial legislation. PSWs offer personal care and related paraprofessional services according to an established care plan. They support the personal needs and comfort of individuals in their homes or other environments. This typically involves both personal care tasks and incidental activities of daily living, such as housekeeping, meal preparation, socialization, and companionship.

The PSW:

- Can assist individuals with activities of daily living such as feeding, lifts, transfers, bathing, skin care, oral hygiene, and toileting.

- Can perform tasks delegated by an RHP in compliance with the RHPA, including insertion of a digit or instrument into a body cavity, care or procedures under the dermis, and any task or skill requiring a physician's prescription.
- Can assist with medication administration and provide medication reminders according to established employer or government policies.
- Can perform light housekeeping duties such as sweeping and mopping floors, vacuuming, washing dishes, and laundry.
- Must continuously observe individuals and their environments, and report and document unsafe conditions or behavioral, physical, and/or cognitive changes to an appropriate supervisor (e.g., family member, employer, or care coordinator).
- Must communicate and demonstrate basic information to individuals concerning activities of daily living, light housekeeping, and meal planning/preparation, in accordance with a pre-established Plan of Care.
- Must complete and maintain related records and documentation such as communication books and progress notes.

*RHP – Regulated Healthcare Professional

*PSW – Personal Support Worker