



Shepherd Center

2020 Peachtree Road, NW
Atlanta, GA 30309-1465
404-352-2020 shepherd.org

Time Tables

This activity is will help you review how much time it takes to do certain tasks related to personal care during the day. Please look at the list below and assign the correct amount of time (e.g., 30 minutes) to each task. **Only mark the items that apply to you.**

This may be helpful to you when you are working in your Build-A-day Scheduler. (See Assignments 1 & 2 in this Module.)

Daily Care

	Shower management		Shave
	Bath		Apply make up
	Medicine		Transfers (if in a wheelchair)
	Brush teeth		Dressing

Bladder Care

	Toileting time (per time)		IC (per time)
	Ostomy care		

Bowel Care

	Suppository/Dil		Dil (no suppository)
	Ostomy care		Suppository/Manual evacuation
	Suppository/Toileting time		

Skin Care

	Skin checks		Wound care
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