



The Iris Project Inc.

Where Compassion Meets Support

Independent Community Support Services – Northern Alberta

What We Can and Cannot Do - Our Support Services Explained

(Scope of Practice Guide)

The Iris Project Inc. provides **non-medical** support services.

This means we help with day-to-day activities, but we **cannot** perform any medical or nursing tasks.

Here's a simple guide to what our Support Workers *can* and *cannot* do.

What We CAN Help With

Daily Living

- Light housekeeping
- Laundry
- Meal preparation
- Help with eating (non-medical)
- Staying hydrated
- Organizing the home

Personal Support (Non-Medical)

- Bathing or showering
- Getting dressed
- Hygiene and grooming
- Changing briefs
- Bathroom support (non-medical)

Mobility & Safety

- Walking support
- Stand-by help
- Getting in/out of chairs and beds
- Safety awareness



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Community Support

- Going out into the community
- Appointments
- Shopping
- Social and recreational outings
- Companionship

Memory & Routine Support

- Cueing and reminders
- Redirecting
- Helping with routines
- Emotional reassurance

Medication — *Limited Support*

We can:

- ✓ Give verbal reminders
- ✓ Hand you your **pharmacy-prepared** blister pack/medication roll
- ✓ Open the package if needed

We **cannot**:

- ✗ Give injections
- ✗ Choose or sort pills
- ✗ Give loose pills
- ✗ Manage PRN medication
- ✗ Crush or mix medication



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✗ What We CANNOT Do (Medical Tasks)

These tasks must be done by a nurse or medical professional:

- Wound care or bandages
- Giving medications directly
- Tube feeding
- Catheter care
- Ostomy care
- Injections (including insulin)
- Medical bath routines
- Bowel programs (suppositories, enemas, stimulation)
- Using mechanical lifts
- Monitoring or interpreting vital signs
- Following swallowing or dysphagia meal plans

If you ever need these services, we'll help you connect with a healthcare provider who can meet those needs safely.

Why These Rules Exist

These rules protect:

- **Your health and safety**
- **Our workers**
- **Your funding and insurance**
- **Our agency and programs**

We always strive to provide safe, high-quality, and legally compliant support.

If you ever have questions, please reach out — we are here to help.