

## Caregiver Support Worksheet

Caregiving Task	Who Can Help	Contact Information
<b>Everyday Tasks:</b>		
Meal Planning		
Lawn Care		
Grocery Shopping		
Meal Preparation		
Light Housekeeping		
Transportation for:		
Other Family Members		
Shopping & Errands		
Child Care		
Pet Care		
<b>Care Tasks:</b>		
Coordinating Home Care Team		
In-home Supervision/Companionship		
Transportation for:		
Medical Appointments		
Support Group/Counseling		
Care Team Meetings/Dinner		
Personal Hygiene:		
Bathing		
Other, e.g. hair, nails, skin		
Hands-on Medical Treatments/Exercise/Therapy		
Scheduling Medical Appointments		
Managing Medications		

