

Caregiving Checklist

Mark which tasks you are doing and how often, as well as where you have help from either a service or from family members, friends or religious groups. Once complete, reflect on where you could use help. This exercise will help to identify and prioritize the support you need.

	Activities	I perform this task	Who can help?	When/How often is this done?
Personal Care	Bathing			
	Dressing			
	Eating/Feeding			
	Foot Care			
	Mouth Care			
	Toileting			
	Lifting Transferring			
	Grooming (shaving, hair care)			
Help Around the House				



	Light Housekeeping (sweeping, dusting, meal clean-up)			
	Cleaning bathroom and floors			
	Laundry			
	Meal Planning			
	Meal Preparation			
	Gardening			
	Snow shoveling			
	Care for pets/plants			
	Check mail			
	Sort recycling/waster disposal			
Transportation/Shopping				
	Drive family/friend to appointments			



	Drive family/friend to activities/social appointments			
	Take family/friend shopping			
	Fill prescriptions			
	Car maintenance			
	Coordinating care			
Pscho-Social Support	Check in by phone			
	In-person visits			
	Leisure activities			
Financial/Legal Affairs	Banking, pay bills			
	Legal documents			
	Income Taxes			
Other				

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