

# CAREGIVING TASK PLANNER

There are wonderful things that can come out of caregiving, but it's important to recognize that it can also be one of the most stressful seasons in our lives. Many times, we're in survival mode and it's difficult to identify what we need help with - even when people offer. This tool was designed to assist you in better managing the practical implications of caregiving, so that you can take better care of yourself.

**Once you've identified the areas where you need help, take the following things into consideration before you ask for assistance, especially when it come to family members.**

- Geography.** Someone living far away can't help with personal care, but could set up a communications line, or take care of finances.
- Life Stage.** An older adult neighbor, who is retired, may be able to visit daily more easily than someone with a full-time job and young kids.
- Personalities.** Be mindful of people's strengths and limitations. Don't ask the quiet and shy friend or family member to be an advocate, or a sibling who isn't good with money to manage paying the bills.
- Relationships.** Remember, not everyone will have the same relationship with the care recipient as you do.
- Money.** If finances allow, paid help can do many of the tasks deemed necessary for a desired standard of living. You, or someone you ask, may be willing to pay for some professional help rather than take on a task themselves.



## Other resources to explore

- Referrals:** Your family doctor (aka primary care physician) can recommend and make referrals to medical professionals that specialize in providing in home care.
- Adult Day Services:** There are wonderful programs available in many communities that provide a social setting, meals, and medical services, if needed. These are often referred to as Adult Day Care. In some instances, the cost may be partially covered.
- Volunteers:** This is often an overlooked resource. Consider local faith communities, non-profit agencies, such as Alzheimer's Association, and community service programs, such as Meals on Wheels. There are often volunteer programs that provide respite care, transportation, and even coordinate youth to assist in odd jobs.

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Caregiving is **not** a solo journey. Ask for help!

Type of Help Required	Who can provide assistance?			
	Myself	Family member, friend	Paid Professional	Volunteer
<b>Personal Care</b> = Dressing = Bathing = Meals = Exercise				
<b>Home Care</b> = House cleaning = Grocery shopping = Yard work = Maintenance = Financial management				
<b>Medical Care</b> = In-home care = Medication management = Doctor's appointments = Physio/Occupational Therapy				
<b>Emotional Care</b> = Social support = Entertainment = Spiritual support				
<b>Other Care</b> = Legal/insurance matters = Communications				

*This can serve as a reminder to continue to grow your social network as you age.*