

Checklist: partners in care

Step 1 — What are the needs of your care recipient?
Take an inventory of your skills and the resources available to you.
Are there things that others could help you with, to give you a break from caregiving? What is your care recipient able to do for themselves?

ACTIVITIES	WHO CAN HELP?	WHEN/HOW OFTEN
PERSONAL CARE		
Bathing		
Dressing		
Eating/feeding		
Foot care		
Mouth care		
Toileting		
Lifting/transferring		
HELP AROUND THE HOUSE		
Light Housekeeping		
(sweeping, dusting,		
meal clean-up)		

ACTIVITIES	WHO CAN HELP?	WHEN/HOW OFTEN
Cleaning bathroom		
and floors		
Laundry		
Meal planning		
Meal preparation		
Yard/outdoor work		
Care for pets, plants		
Check mail		
Sort recycling /		
waste disposal		
TRANSPORTATION / SHOPPING		
Accompany to appointments		
Activities /		
Social appointments		
Take shopping		

ACTIVITIES	WHO CAN HELP?	WHEN/HOW OFTEN
Fill prescriptions		
Car maintenance		
Coordinating care		
COORDINATE HOME / HEALTHCARE WORKERS		
Find out about		
available services		
Arrange appointments		
PSYCHO-SOCIAL SUPPORT		
Check-in by phone, in person		
Leisure activities		
FINANCIAL / LEGAL AFFAIRS		
Banking, pay bills		
Legal documents		
Income taxes		
NOTES		