

Caregiver Task Checklist



Becoming a caregiver can mean a lot of different things. Depending on the relationship you have with the person you are caring for and the level of their independence, you may take on a variety of different tasks to help them with their daily living.

Use the checklist below to talk with your loved one about which tasks they would find most helpful for their care needs. Be sure to discuss which tasks you do not feel comfortable doing too. It's okay to not want or be able to do everything, but not discussing it can set unrealistic expectations about what will get done. Together, you can come up with suggestions about how to ensure that all the tasks get completed, which may require finding extra help. Be sure to include any other caregivers and volunteer or paid help from a community program or agency in this planning process.

Some of the tasks you may take on could include;

- | | |
|---|---|
| <input type="checkbox"/> Meal planning | <input type="checkbox"/> Help with dressing |
| <input type="checkbox"/> Cooking | <input type="checkbox"/> Attending doctor appointments |
| <input type="checkbox"/> Help with eating | <input type="checkbox"/> Driving to and from appointments |
| <input type="checkbox"/> Grocery shopping | <input type="checkbox"/> Vacuuming |
| <input type="checkbox"/> Help to keep track of medications | <input type="checkbox"/> Laundry |
| <input type="checkbox"/> Filling Prescriptions | <input type="checkbox"/> Dishes |
| <input type="checkbox"/> Provide help with toileting activities | <input type="checkbox"/> Shopping |
| <input type="checkbox"/> Provide help with bathing | <input type="checkbox"/> Yard work |

Add in your own:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Caregiving can take on many forms outside of providing basic needs too. This could include;

- ☐ Listening and being available to vent frustrations with or talk about any concerns
- ☐ Going for a walk or exercising together
- ☐ Watching a movie or sharing a hobby together
- ☐ Being a source of emotional support and friendship