

Caregiving Checklist

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

	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/waste disposal			
Transportation/Shopping	Coordinating care			
	Drive family/friend to appointments			
	Drive family/friend to activities/social appointments			
	Take family/friend shopping			
	Fill prescriptions			
	Car maintenance			
Psycho-Social Support	Check-in by phone or text			
	In-person visits			
	Leisure activities			
Financial/Legal Affairs	Banking, pay bills			
	Legal documents			
	Income taxes			
Other				

*This checklist has been reprinted with permission from *Caregivers Nova Scotia*.