

Caregiving Checklist

Caregiving Task	Hours Per Week	Who Can Help
In-Home Supervision / Companionship		
Meal Planning		
Grocery Shopping		
Meal Preparation		
Dishwashing / Kitchen Cleanup		
Bathing		
Other Personal Hygiene (care of skin, mouth, hair, nails, etc.)		
Scheduling Medical Appointments		
Managing Medications		
Coordinating In-Home Care		
Hands-On Medical Treatments / Exercise		
Medical Recordkeeping		
Transportation for:		
Medical Appointments		
Support Groups and Counseling		
Shopping and Errands		
Rest & Relaxation / Recreation Activities for:		
The person who is ill		
The primary caregiver		
Family members / visitors		
Child Care		
Elder Care		
Pet Care		
Laundry		
House Cleaning / Trash Removal, etc.		
Home Maintenance and Repairs		
Yard Care & Gardening		
Banking		
Paying Bills and Financial Recordkeeping		
Managing Insurance Claims		
Handling Legal Matters		
Securing Government and Community Services		
Care Team Meetings / Dinners		

TOTAL HOURS PER WEEK: