

Caregiver Task Tool

Caregiving Task	Hours Per Week	Who Can Help	Need Help?
In-home Supervision / Companionship			
Meal Planning			
Grocery Shopping			
Meal Preparation			
Dishwashing / Kitchen Cleanup			
Bathing			
Other Personal Hygiene (care of skin, hair, nails, etc.)			
Scheduling Medical Appointments			
Managing Medications / Refills			
Coordinating In-home Care			
Hands-On Medical Treatments / Exercise			
Medical Record keeping			
Transportation for:			
Medical Appointments			
Support Groups and Counseling			
Shopping and Errands			
Rest and 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 and Gardening			
Banking			
Paying Bills and Financial Record keeping			
Managing Insurance Claims			
Handling Legal Matters			
Securing Government and Community Services			
Care Team Meetings / Dinners			
Total Hours Per Week:			