

PERSONAL CARE:

- Bathing/grooming: _____
How is bath taken? _____ shower _____ bath _____ sponge bath
How often? _____ daily _____ weekly
What time of day? _____ morning _____ afternoon _____ evening
- Skin care: _____
- Hair/nails: _____
- Meal preparation: _____
- Feeding: _____
- Nutritional counseling: _____
- Dressing: _____
- Toileting: _____
- Exercise: _____
- Other: _____

MAINTAINING THE HOUSEHOLD:

- Shopping: _____
- Cleaning: _____
- Cooking: _____
- Laundry: _____
- Doing/taking care recipient to do errands: _____
- Child care: _____
- Additional needs for child(ren): _____
- Pet care: _____
- Other: _____

MANAGING FINANCES:

- Handling insurance: _____
- Maintaining bank account: _____

- Paying bills, rent, taxes: _____
- Paying for items not covered by insurance: _____
- Will / estate planning: _____
- Other: _____

EMOTIONAL SUPPORT:

- Providing companionship: _____
- Arranging counseling: _____
- Arranging spiritual support: _____
- Facilitating communication amongst family members: _____
- Checking on the patient: _____
- Other: _____

ORGANIZING HOME CARE:

- Visiting nurse: _____
- Home care: _____
- Companion: _____
- Hospice: _____
- Adult daycare: _____
- Respite care: _____
- Physical therapy: _____
- Occupational therapy: _____
- Complementary therapy: _____
- Ordering equipment: _____
- Organizing volunteers: _____
- Other: _____

ORGANIZING MEDICAL CARE:

- Scheduling appointments: _____
- Transportation to appointments: _____
- Communication with the health care team: _____
- Overseeing medications (setting up medication box): _____
- Administering medications: _____
- Picking up/filling prescriptions: _____
- Performing medical procedures (e.g. changing dressings): _____
- Symptom management (e.g. pain, fatigue): _____
- Managing deliveries of supplies/equipment: _____
- Assistance with Advance Directives: _____
- Other: _____

HOW MUCH TIME IS NEEDED FOR ASSISTANCE?

- A few hours every now and then
- A couple of days a week
- Daily how many hours? _____
- Overnight/for a weekend
- A week or more