

## Creating your 'Circle of care'

Think about what you and the person who is ill are going to need. What can you realistically do? What will you need help with? Are there things that different members of your family and perhaps close friends (of yours or of the person who is ill) can do to help? What is the person who is ill able to do for themselves?

Category and task	Who can help	When	How often
<b>Personal</b>			
Bathing			
Dressing			
Eating/feeding			
Foot care			
Mouth care			
Toileting			
Lifting/transferring			
Other:			
Other:			
<b>Domestic</b>			
Light housework (sweeping, dusting, etc.)			
Meal planning/prep and clean-up			
Housework (cleaning washrooms, kitchen, floors, vacuuming)			
Laundry			
Outdoor/yard work/ snow clearance			

Category and task	Who can help	When	How often
<b>Domestic</b>			
Pet/plant care			
Garbage/recycling			
Mail pick-up			
Other:			
Other:			
<b>Shopping/transportation</b>			
Grocery shopping/drop-off			
Prescription pick-ups			
Transport/accompany to appointments			
Transport/accompany to social/special events			
Car maintenance			
Other:			
Other:			
<b>Financial and legal</b>			
Banking/paying bills			
Taxes			
Legal documents			
Other:			
Other:			

Category and task	Who can help	When	How often
<b>Coordination</b>			
Researching available programs and services			
Arrange appointments			
Coordinate care			
Coordinate support services			
Other:			
Other:			