

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
Personal			
Bathing			
Dressing			
Eating/feeding			
Foot care			
Mouth care			
Toileting			
Lifting/transferring			
Other:			
Other:			
Domestic			
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
Domestic			
Pet/plant care			
Garbage/recycling			
Mail pick-up			
Other:			
Other:			
Shopping/transportation			
Grocery shopping/drop-off			
Prescription pick-ups			
Transport/accompany to appointments			
Transport/accompany to social/special events			
Car maintenance			
Other:			
Other:			
Financial and legal			
Banking/paying bills			
Taxes			
Legal documents			
Other:			
Other:			