



Family Caregiving Planner

A practical worksheet for organizing support for an aging parent

Loved One's Name:	
Prepared By:	
Date:	

Personal Care

Task	Responsible
Bathing	
Dressing	
Hair Washing	
Hair Brushing	
Teeth Brushing	
Teeth Flossing	
Skin Moisturizing	
Fingernails	
Toenails	
Personal Hygiene	

Household Support

Task	Responsible
Laundry	
Housecleaning	
Food Preparation	
Food Shopping	

Meal Clean Up	

Medical Management

Task	Responsible
Schedule Doctor Appointments	
Transportation to Appointments	
Medication Management	
Track Test Results	
Schedule Follow-up Appointments	
Submit Insurance Claims	

Legal & Administrative

Task	Responsible
Pay Monthly Bills	

Home Insurance	
Power of Attorney Documents	
Healthcare Proxy	
End-of-Life Wishes Discussion	
Government Support Services	



Social Engagement

Task	Responsible
Family Events	
Family Outings	
Meal Dates	
Book Groups	
Lectures	
Library Visits	
Senior Center	
Physical Therapy / Activities	

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Supplies & Essentials

Task	Responsible
Tissues	
Soap	
Deodorant	
Shaving Supplies	
Toilet Wipes	
Toothpaste	
Rubber Gloves	
Adult Diapers	
Dental Floss	
Q-tips	
Shampoo / Conditioner	
Body Lotion	
Trash Bags	
Cleaning Supplies	

