



NATIONAL FAMILY CAREGIVERS ASSOCIATION

800/896-3650

www.thefamilycaregiver.org

NFCA is the nation's leading constituency organization for family caregivers. NFCA educates, supports, empowers, and speaks up for the more than 50 million Americans who care for loved ones with a chronic illness or disability, no matter what their age or diagnosis.

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**Action Checklists for
Family Caregivers
& Those Who Care
About Them**

Checklist

If you're a caregiver who needs help or if you're a friend who wants to provide it, use these handy checklists to help create an action plan.

Help I need:

- A night out with friends
- A ride to doctor appointments
- Someone to mow the lawn and shovel the snow
- Dinners prepared
- Insurance forms filled out and filed
- A shoulder to cry on
- The house cleaned
- The shopping done
- Help with paying the bills
- A weekend away
- A regular home care aide
- Someone to ask how I am
- More information on available resources
- A neighbor or two I can call in an emergency
- Some quiet time alone at home
- A handyman
- A sitter for [my spouse/parent/child so I can go to []].
- Understanding that we're the same people we used to be but our family's needs have changed
- Pick up prescriptions and other healthcare items
- Help with car repairs
- Other help I need:

Help I can offer:

- Dinner and movies on me
- A regular ride at a pre-assigned time
- A lawn mowed/a driveway shoveled
- A meal prepared [] times a week
- Help with insurance or other paperwork
- A shoulder to cry on
- A maid brigade once a []
- Grocery shopping every []
- A [\$] check
- A prearranged weekend get away
- Coordinating a volunteer team to help out with specific caregiving tasks
- A weekly phone call
- Resource research
- My availability and desire to help out when necessary
- Taking [] out for a few hours
- A couple of hours of my tools and time
- Some of my time to stay with []
- A real desire to be your friend, to stand by you and to understand as best I can how to participate in your changed life
- Run errands
- A pick-up at the garage and an offer to be a chauffeur for a day or two
- Other help I can offer:
