

# FAMILY RESPONSIBILITY PLANNER

TASK DIVIDER for Caregivers: Shared Support, Less Burnout

Assigned To: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## THE CORE PILLARS: WHAT NEEDS DOING?

### 1. PHYSICAL CARE



Hand washing, dressing, transfers, and general care.

Assigned To: \_\_\_\_\_

### 2. LOGISTICS & ADMIN



Clock, calendar, medical appointments, legal docs, and more.

Assigned To: \_\_\_\_\_

### 3. HOUSEHOLD & SUSTENANCE



Grocery shopping, meal prep, laundry, cleaning, and upkeep.

Assigned To: \_\_\_\_\_

### 4. EMOTIONAL & SOCIAL



Conversation bubbles, heartwarming chats, and connection.

Assigned To: \_\_\_\_\_

## WEEKLY ROTATION MATRIX (M-T-W-T-F-S-S)

		M	T	W	T	F	S	S
PRIMARY CAREGIVER								
	RESPITE COVERAGE							
	Medical							
	Hygiene							
	Meals							
	Visits							
	Supplies							
NOTES/TRANSFER								

## I NEED HELP WITH...

- 
- 

- 
- 

## BURNOUT PREVENTION TIP

Schedule RESPITE time every week for the Primary Caregiver!