



Personal Care					
Task	What I need:	How often?	What times?	Person responsible:	
Bathroom					
Grooming					
Getting dressed					
Bathing					

Meals				
Task	What I need:	How often?	What times?	Person responsible:
Breakfast				
Lunch				
Dinner				
Snacks				

Health & Medicine					
Task	What I need:	How often?	What times?	Person responsible:	
Medications					
Physical therapy					
Monitoring vitals					







Doctor's Appointments				
Task	What I need:	How often?	What times?	Person responsible:
Transportation				
Scheduling				
Bills & insurance				

Housework					
Task	What I need:	How often?	What times?	Person responsible:	
Making the bed					
Taking out trash					
Laundry					
Yardwork					
Vacuuming, sweeping, mopping					
Wiping down surfaces					
Cleaning the bathroom					
Cleaning the kitchen					







Shopping & Errands				
Task	What I need:	How often?	What times?	Person responsible:
Food shopping				
Going to the bank				
Writing a shopping list				
Going to the post office				
Picking up prescriptions				
Picking up books/movies				
Supplies shopping (household, hygiene, etc.)				

Other Tasks				
What I need:	How often?	What times?	Person responsible:	
	What I need:			