

**Share the Caring:  
Action Checklists for Family Caregivers & Those Who Care About Them**

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 pre-arranged weekend getaway
- Coordinating a volunteer team to help out with special 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:

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