

**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:

"Share the Caring" is a publication of the National Family Caregivers Association with funds provided by Gentiva Health Services: [http://www.nfcares.org/pdfs/326503\\_SharetheCaring\\_broch.pdf](http://www.nfcares.org/pdfs/326503_SharetheCaring_broch.pdf).

Replication of this brochure is provided by CareSmart Illinois: 847-596-8226 or [www.caresmart.org](http://www.caresmart.org).

