



# Share *the* Caring

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



NATIONAL FAMILY CAREGIVERS ASSOCIATION

800/896-3650

[www.thefamilycaregiver.org](http://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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# 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:

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## 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:

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