Caregiver Compass Academy

www.caregivercompassacademy.com

Caregiver Responsibilities Planner

Caregiving is easier when you have a plan. This responsibilities checklist helps you visualize your week, prioritize essential medical tasks, and coordinate support so you can focus more on your loved one and less on the logistics.

MEDICAL TASKS
☐ Schedule appointments
☐ Attend doctor visits
☐ Manage medications
☐ Track symptoms

DAILY LIVING SUPPORT
☐ Meal preparation
☐ Transportation
☐ Personal care assistance
☐ Household management

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FINANCIAL RESPONSIBILITIES
☐ Pay bills
☐ Insurance coordination
☐ Budget tracking
☐ Long-term care planning

WEEKLY CAREGIVING PLANNER

Monday	Tuesday	Wednesday	Thursday	Friday

Weekend Notes