

**Caregiver Checklist**

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| **Medical Care** | | | | |
| **Task** | **Frequency** | | **Completed** | **Point of Contact** |
| Medical Appointments |  | |  | Dr. Marcus Welby Tel: |
| Administration of medications |  | |  |  |
| Physio Exercises |  | |  |  |
|  |  | |  |  |
| Emergency |  | |  | * **911** * Family Doctor * Specialist Physician * Dentist * Family member to contact |
| **Household Activities** | | | | |
| **Task** | **Frequency** | | **Completed** | **Point of Contact** |
| Snow removal |  | |  |  |
| Lawn Mowing |  | |  |  |
| Watering Plants |  | |  |  |
| Preparing meals |  | |  |  |
| Pet Caring (feeding, walking, etc) |  | |  |  |
| Children extra-curricular activities |  | |  |  |
| Unexpected damages |  | |  | * Plumber * Electrician |
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| **Important Resources** | | | | |
| **Resource** | | **Point of Contact** | | **Web Site** |
| Military Family Resource Center | |  | |  |
| Family Information Line | | 1-800-866-4546 | |  |
| Community Service Map | |  | |  |
| cafconnection.ca | |  | | [www.cafconnection.ca](http://www.cafconnection.ca) |
| Provincial Poison Center | |  | |  |
| Canadian Society of Allergy & Clinical Immunology, find an allergist | |  | | <http://csaci.ca/find-an-allergist/> |
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