

**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
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| **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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