

The Caregiver Helpers' Calendar

Time of Day	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning								
Afternoon								
Evening								
Morning								
Afternoon								
Evening								

Chores:

Inside Chores:

- Take out trash
- Clean bathroom (s)
- Prepare a meal*

Outside Chores:

- Mow lawn
- Rake leaves
- Grocery shop

The Caregiver Helpers' Calendar

- Sweep/mop/vacuum
- Wash & fold laundry
- Help kids with homework
- Help write updates
- Host out-of-town relatives

- Car maintenance
- Pick up from drycleaners
- Pick kids up from school
- Pick up prescriptions/Rides to appointments

 *Dietary Restrictions: _____

 **Front Door Protocol:**

- Check and log temperature
- Mask up
- Remove shoes
- Sanitize hands
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Other Need-to-Know Information for Visitors, Helpers, and Caregivers