

# Plan ahead

Care plan for: \_\_\_\_\_

Your loved one's care needs will likely change over time, so here's a place where you can jot down your care plan. And you can plan ahead for resources they may need in the future.

Need	Frequency	Who's responsible
Bathing		
Personal care		
Giving medication		
Doctor appointments		
Physical therapy		
Dentist appointments		
Eye doctor appointments		
Chiropractor appointments		
Meal preparation		



Need	Frequency	Who's responsible
Laundry		
Shopping		
Housekeeping		
Yardwork		
Home repairs		
Taking out garbage/recycling		
Bill paying		
Tax preparation		
Transport to exercise classes		
Transport to senior center		
Other		
Other		

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