

Weekly caregiver task grid

When more than one person is helping, write down who's covering what. *Tape this to the fridge. Update every Sunday for the week ahead.*

WEEK OF

PATIENT NAME

LEAD COORDINATOR (ONE PERSON)

COVERAGE

DAY	MORNING	AFTERNOON	EVENING / OVERNIGHT	MEALS	ERRANDS

SPECIFIC TASKS THIS WEEK

- Pharmacy / prescription pickup
- Pet care
- Laundry
- Grocery delivery / shopping
- Mail / bills
- Plant watering
- School pickup / drop-off
- Medical appointment driving

This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.