

FAMILY & CAREGIVER TASK CHART

Color Key:



Independent

I can do this independently.



Some Support

I may need help sometimes.



Full Support

I need help every time.

Task / Activity	Green	Yellow	Red	Notes
Personal care (washing, dressing)	☐	☐	☐	
Preparing meals	☐	☐	☐	
Taking medication	☐	☐	☐	
Managing appointments	☐	☐	☐	
Transport/getting to places	☐	☐	☐	
Household cleaning	☐	☐	☐	
Shopping for food/ essentials	☐	☐	☐	
Paying bills/managing finances	☐	☐	☐	
Using phone/computer	☐	☐	☐	
Emergency situations	☐	☐	☐	
Other: _____	☐	☐	☐	

How to Use This Chart

1. Review each task together and select the level of support needed
2. Add notes for clarity (e.g., "Needs help only with heavy lifting in shopping")
3. Revisit regularly as needs or circumstances change