

MANAGE YOUR DAILY CAREGIVING WITH THIS L.I.S.T.

L List all caregiving tasks and appointments.
Remember to schedule **self-care breaks** to do things you enjoy!

I Include family and friends.
Share caregiving responsibilities with them.

S Schedule and assign caregiving tasks.
Stay organised with **daily schedules**.

T Track the progress of tasks.
Adjust your **schedule** where necessary.

31	1 Hasan's medical appointment.	2 Kak Alia will drop off groceries.	3
6 Kak Alia will drop by for lunch.	7 SUPPORT GROUP SESSION	8	9
12	13 Virtual yoga.	14 Hasan's therapy session.	15
18 Kak Alia will drop by with his kids.	19 Hasan's medical check-up.	20 Hasan's appointment with the specialist.	22
24 Kak Alia will drop by with his kids.	25 Spend time with Hasan.	26	27 Hasan's virtual therapy session. MY CAREGIVER TRAINING SESSION
30 Kak Alia will drop by with his kids.	31 Kak Alia will drop by with his kids.	1 Hasan's medical appointment.	2 Kak Alia will drop off groceries.

Scan for more information and resources



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