

# Care Plan



## GENERAL CAREGIVING

M T W T F S S

Dressing							
Eating							
Hydrating							
Administering medications							
Toileting							



## HYGIENE

M T W T F S S

Daily personal hygiene							
Changing							
Grooming/Brushing hair							
Bathing							
Washing hair							
Moisturising skin							



## HOUSEKEEPING

M T W T F S S

General light cleaning							
Vacuuming							
Dusting							
Cleaning kitchen							
Cleaning bathroom (inc. changing towels)							
Cleaning bedroom (inc. changing sheets)							
Laundry							
Shopping							



## OTHER TASKS

M T W T F S S

Meal prepping and planning							
Scheduling appointments							
Paying bills and financial responsibilities							
Responding to messages, email and calls							
Physical or mobility exercises							