Ways you can help

Pick a job, write your name and a day, and tell the family. Small, regular help counts.

Caring for _____

Main contact and phone _____

Time with them

	Job	Who	When
☐	Sit with them for two hours so the caregiver can sleep, go to an appointment or go out		
☐	Read to them, watch a favourite programme together or look through old photos		
☐	Take them for a short walk, or out for a coffee		
☐	A regular phone or video call on the same day each week		
☐	Stay overnight once, so the caregiver gets an unbroken night		
☐	Be the person who comes to the next appointment and takes notes		

Errands and driving

	Job	Who	When
☐	Do the weekly food shop, or add a few items to your own		
☐	Collect prescriptions from the pharmacy		
☐	Drive to and from a medical appointment		
☐	Post parcels, return library books, pay a bill in person		
☐	Fill the car with fuel, or take it for a service		

Meals

	Job	Who	When
☐	Cook a meal that can be frozen in portions		
☐	Take a meal round on a set night each week		
☐	Organise a meal roster among friends, church or neighbours		

Home and garden

	Job	Who	When
☐	Mow the lawn, weed or put the bins out on collection day		
☐	Do a load of washing, ironing or a change of bed linen		
☐	Clean the bathroom or kitchen once a fortnight		
☐	Fix small things: a light bulb, a sticking door, a dripping tap		
☐	Walk the dog, feed the cat or take a pet to the vet		

Paperwork and phone calls

	Job	Who	When
☐	Sort the post and flag anything that needs an answer		
☐	Spend an hour on hold to an insurer, a benefits office or a provider		
☐	Look up local services: day centres, transport, respite, carers support groups		
☐	Fill in a form with the caregiver, at the kitchen table		

General information only, not medical, legal or financial advice. In an emergency, call your local emergency number.
Free from kinshipguard.com/free-printables. Kinship Guard is a shared care app for families on iPhone, iPad and Android.

For the caregiver

	Job	Who	When
☐	Take the caregiver out for lunch or a walk		
☐	A weekly call that is about them, not about the care		
☐	Look after their own children, garden or pet for an afternoon		
☐	Cover one regular slot each week so they can keep a class, a job shift or a sport		

Be ready if something goes wrong

	Job	Who	When
☐	Hold a spare key, or the key safe code, and live close enough to come in an emergency		
☐	Know where the written care notes are kept, and read them once		
☐	Be the named backup if the caregiver is ill or in hospital		

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