Weekly care plan

One page for the week. Write one named owner per task, and a backup.

Caring for

Week starting

Main contact this week

Day	Tasks and appointments	Owner	Backup	Done
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Family check-in

Who needs a break?

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.