

Caregiving Tasks

Meals

- Meal planning
- Grocery shopping, food ordering/pickup
- Meal prep or packing
- Assisting caregivee with eating

Personal care

- Morning/evening routine
- Assisting with bathing, grooming, dressing
- Assisting with toileting
- Assisting with mobility (walking, moving from chair to bed, etc.)
- Assisting with therapy home exercises (e.g., speech, physical, occupational)
- Home safety management (removing/storing dangerous items, reducing fall risks, etc.)

Household tasks

- Managing mail, emails, calls
- Tidying and organizing
- Laundry
- Dishes
- Dusting and vacuuming
- Bathroom cleaning
- Sanitizing bottles or medical equipment
- Ordering/picking up household or medical supplies

Transportation

- School or daycare pickup/dropoff
- Medical appointment pickup/dropoff
- Social/activity pickup/dropoff

Medical

- Scheduling/rescheduling medical appointments
- Attending and managing medical appointments; taking notes
- Managing communication with medical providers and insurers
- Organizing, administering, and/or refilling prescriptions
- Organizing and managing medical paperwork
- Direct care for wounds, illness, etc.

Financial

- Paying bills
- Budgeting
- Coordinating with financial assistance

Social/Emotional

- Arranging/supervising outings (e.g., visits, social events, religious services)
- Tutoring or homework help
- Visits for conversation
- Assisting with hobbies

Respite: who can manage the caregiving responsibilities temporarily so the primary caregiver can attend to their own needs?

- Brief (a few hours)
- Single day
- Single evening
- Weekend
- Extended period

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Help With Caregiving Tasks

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Return to your list. Circle or highlight the tasks you feel sure that **you want to manage yourself**. For example, if you attend all medical appointments with your caregivee, it may make sense to be in charge of scheduling them, taking notes, and managing medical paperwork.

3

Consider the **remaining tasks**. Are there any you could delegate?

- Yes (mark these and skip to part #5)
- No, I should do it, it's my responsibility / I can't burden someone else with this
- No, someone else would do it incorrectly / I don't have time to show them how
- No, my caregivee would not accept it if someone else did this task
- No, I don't have anyone to ask or I can't afford paid help (skip to part #6)

4

Consider your barriers to delegating tasks. When we're deeply stressed, it often feels more efficient to think in all-or-nothing terms - thoughts like:

- "It will just be easier or better if I do the **whole** thing"
- "This is **100%** my responsibility"
- "If I let someone help, they'll **never** get it right"

Sometimes this thinking is inaccurate. Is this kind of thinking happening for you?

If so, let's take a look at a few options to push back against that kind of thinking.

A

Fast Forward: imagine your situation stays exactly the same for 3 months, 6 months, 9 months, a year... Is that sustainable? Will you be living a healthy or balanced life?

B

Pass the Torch: imagine that for some reason, you can no longer provide any care to your caregivee, and you need to assign all of your tasks to a loved one. Are you giving them a reasonable amount of work for one person?

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Help With Caregiving Tasks

C

Break it Down: Can you get help with part of a task? Not every part of every task needs your energy, or your expertise about your caregivee. For example, a helper might:

- Not administer prescription medications, but pick up prescriptions from the pharmacy
- Not plan or cook meals, but place grocery orders and manage delivery or pickup
- Not manage follow-up questions for a medical provider, but attend appointments to take notes
- Not pay bills, but organize mail, bills, and other paperwork for you
- Not manage a caregivee's calendar, but take them to one regular social outing (e.g., church)

Could you get help with part of some tasks?

5

Think through people who can help: family members, friends, neighbors, etc. Has anyone in your life said, "Let me know how I can help"? Write down some potential helpers here.

If you feel strange asking for help, consider sharing a short list of tasks you're willing to delegate, and asking if your helper(s) can pick one task that would be best for them.

6

Consider outside help. If you're not sure how to find outside help, ask the professionals around your caregivee, like their doctor, teacher, social worker, therapist, etc. You can also check out our worksheet called "Get the Caregiving Support You Need" for resources and financial assistance ideas.

7

Reach out! Just one call or text could potentially make a big difference. If you're nervous, write down what you'd like to say and practice. **Your long-term health and wellbeing are worth the temporary discomfort of asking for help.**

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy for Depression](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



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