

# Activities of daily living support schedule (weekly)



Use this form to map out daily living activities and identify who is responsible for each task during the week. Filling it in can highlight where extra support may be needed and help keep routines organized. Review and update regularly as needs change.

## Around the home

Activity	SUN	MON	TUE	WED	THU	FRI	SAT
Cooking/preparing							
Doing dishes							
Tidying kitchen							
Floor/carpet							
Cleaning							
Dusting/tidying							
Cleaning bathrooms							
Laundry/ironing							
Yard work							
Gardening							
Snow shoveling							
Taking out garbage/recycling							
Sending/picking up mail							

## Personal care

Activity	SUN	MON	TUE	WED	THU	FRI	SAT
Eating							
Oral care							
Bathing							
Dressing							
Toileting							
Other hygiene							

## Transportation

Activity	SUN	MON	TUE	WED	THU	FRI	SAT
Health care appointment							
Exercise							
Social event							
Shopping							
Other appointment							

## Coordination of other activities

Activity	SUN	MON	TUE	WED	THU	FRI	SAT
Booking appointments							
Filling/picking up prescriptions							
Banking							
Paying bills							
Ongoing income tax preparation							
Car servicing							
Pet care							

## Psychosocial

Activity	SUN	MON	TUE	WED	THU	FRI	SAT
Social visits							
Check-in calls							