

WORKSHEET 4:

Activities of Daily Living Support Schedule by Week

Adapted from the Caregiver's Handbook of Nova Scotia, 2014.

ACTIVITY	MON	TUES	WED	THURS	FRI	SAT	SUN
AROUND THE HOME							
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							
Administering Medications							
Eating							
Oral Care							
Bathing							
Dressing							
Toileting							
Other Hygiene							

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ACTIVITY	MON	TUES	WED	THURS	FRI	SAT	SUN
TRANSPORTATION							
Health Care Appointment							
Exercise							
Social Event							
Shopping							
Other Appointment							
COORDINATION OF OTHER ACTIVITIES							
Booking Appointments							
Filling/Picking Up Prescriptions							
Banking							
Paying Bills							
Income Tax Preparation							
Car Servicing							
Pet Care							
PSYCHOSOCIAL SUPPORT							
Social Visits							
Check-In Calls							