



The help roster that works

Turn vague offers into named tasks and times.

A note from Victoria

People often say “let me know” while you still carry the work of deciding what help means. Let us make the request small enough to answer.

What to do

List recurring jobs: ride, meal, pharmacy pickup, laundry, check-in, paperwork. Assign one owner and backup to each accepted task. Confirm the day, time, and what to do if plans change. Keep private health details limited to what that helper truly needs.

Words you can use

“Could you take the Tuesday pharmacy pickup for the next two weeks? If you cannot, please tell me by Monday noon so I can arrange someone else.”

One useful step I can take today:

I could start with: Choose one task you can hand off without supervising every detail.

The strength I see in you

Delegating is not stepping away from care; it is making care sustainable.



CAREGIVING | WORKSHEET

The help roster that works

Use this page in your own words. You can leave any part blank.

Tasks I keep carrying alone

One task with a clear time and owner

The backup if that person cannot do it

My next manageable step

A person, service, or place I can turn to (if useful)

Peer support and organization, not medical or legal advice. Follow the treating team's instructions. For urgent danger or symptoms, contact emergency services or the clinician.