Documenting a support system

First
Make a list of all those who might be able to provide help.

Immediate family

_____

_____

_____

Extended family

_____

_____

_____

Friends

_____

_____

_____

Neighbors

_____

_____

_____

Religious/civic group members

_____

_____

_____

Other

_____

_____

_____

_____

Second
Now begin identifying specifically the types of assistance you need.

Physical care of elder (lifting, bathing, etc.)

_____

_____

_____

Household tasks (cooking, cleaning)

_____

_____

_____

Transportation (doctor's, shopping)

_____

_____

_____

Emotional well-being of elder (visits, phone calls)

_____

_____

_____

Home repair/maintenance (lawn care, painting)

_____

_____

_____

Other

_____

_____

_____

Third
Now create a master table in which you begin matching up the names with the tasks that need to be addressed.