

MANAGE YOUR DAILY CAREGIVING WITH THIS L.I.S.T.

31	1 Hasan's medical appointment.	2 Kak Alia will drop off groceries.	3
6 Kak Alia will drop by for lunch.	7 SUPPORT GROUP SESSION	8	9
12	13 Virtual yoga.	14 Hasan's therapy session.	15
18	19 Hasan's medical check-up.	20 	21 Hasan's appointment with the specialist.
22	23 Walk in the park with Hasan.	24	25 Spend time with Hasan.
28	29 Medicine sorting. Me-time.	26	27 Hasan's virtual therapy session.

L List all caregiving tasks and appointments. Remember to schedule **self-care breaks** to do things you enjoy!

I Include family and friends. Share caregiving responsibilities with them.

S Schedule and assign caregiving tasks. Stay organised with **daily schedules**.

T Track the progress of tasks. Adjust your **schedule** where necessary.

Scan for more information and resources



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