

Caring for a Parent Getting Older

See everything you are doing for your parent and find where help could come in.

WHEN TO USE THIS

Use this when looking after a parent has quietly become another full job.

List what you do for them in a normal week. Include the small things.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

How much of this is falling on you alone?

0

1

2

3

4

5

6

7

8

9

10

It is shared

All of it is mine

Go through your list. What only you can do, and what could someone else do?

ONLY ME

COULD BE SHARED

_____	_____
_____	_____
_____	_____
_____	_____

Who is one person or service you could ask, and what would you ask for?

_____	_____
_____	_____
_____	_____

Grief can start long before someone is gone. Feeling sad and tired about this at the same time is normal.

You are doing something hard that mostly happens where nobody sees it.