



Your Care

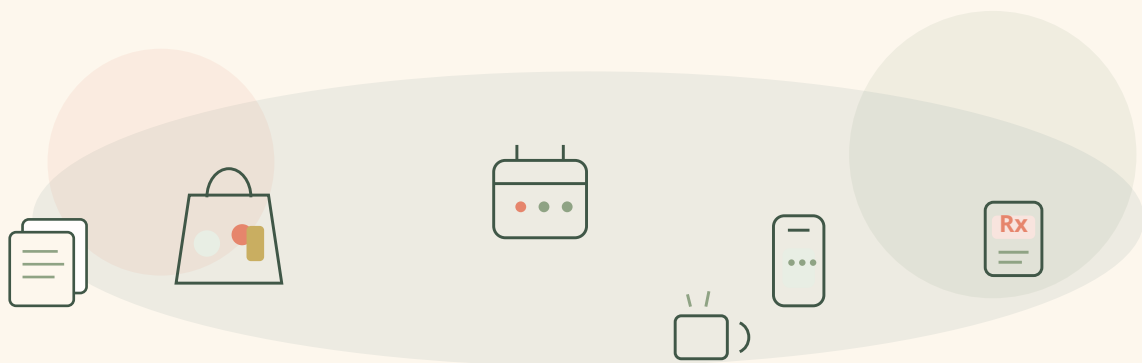
— Thoughtful care from our family to yours

A practical guide for families

How much are you actually doing for Mum or Dad?



A calm, printable way to make the invisible workload visible - and decide whether the current arrangement is sustainable.



FAMILY WORKLOAD CHECK + SIMPLE NEXT STEPS

Keep this guide somewhere easy to find and come back to it when things change.

THE FIRST USEFUL STEP

What are you quietly holding together?

The jobs often build one by one. No single task may feel like “care”, but together they can take up a surprising amount of time, planning and headspace.

WHAT FAMILIES OFTEN END UP DOING

- ☐ Food shopping and top-up shops
- ☐ Prescriptions and medication reminders
- ☐ Appointments, lifts and follow-up calls
- ☐ Meals, laundry and practical jobs
- ☐ Letters, bills, forms and online accounts
- ☐ Regular phone calls and “just checking” visits
- ☐ Cover when something changes at short notice



LOOK AT A NORMAL WEEK

1

What happens every week?

Think shopping, medication, food, appointments and company.

2

What happens in the background?

Calls, reminders, checking messages, planning and remembering.

3

What happens when plans change?

Who covers evenings, emergencies, illness or a missed visit?

4

What has increased?

Compare now with three or six months ago. What are you doing more often?

A useful way to think about it

Do not ask only “Can Mum or Dad still manage?” Ask “What is the family doing to make managing possible?”

THE PART THAT IS EASY TO MISS

The task is only half of it

The mental list can be just as tiring as the practical jobs. Tick anything that feels familiar.

The practical jobs

- ☐ Collecting prescriptions
- ☐ Doing or arranging shopping
- ☐ Making sure meals happen
- ☐ Taking someone to appointments
- ☐ Sorting household jobs
- ☐ Helping with letters or paperwork

The mental list

- ☐ Remembering the next appointment
- ☐ Knowing what is running low
- ☐ Waiting for calls or results
- ☐ Wondering whether they have eaten
- ☐ Planning who will check in next
- ☐ Being the person everyone contacts first



If you stopped doing these things for one week, what would happen?

The answer tells you a lot about how much the current arrangement depends on you.

**A FAMILY CHECK, NOT A CARE ASSESSMENT**

Could this carry on for another six months?

There is no score. The aim is to notice whether family life is becoming organised around one person always being available.

☐

I change work, family or social plans when something comes up.

☐

I am the first person everybody contacts.

☐

I rarely feel completely off duty.

☐

Weekends, holidays or my own illness make the arrangement difficult.

☐

I am doing more than I was six months ago.

☐

I worry about what will happen if I miss a call.

☐

Other people assume I have it covered.

☐

If I stopped for a week, there would be obvious gaps.

Try the seven-day question

Imagine you were completely unavailable for seven days. Who would do the shopping? Who would deal with prescriptions? Who would take the calls? Who would notice if something changed?

If the answer is "I do not know", that is a gap worth talking about.

SUPPORT CAN PROTECT INDEPENDENCE

Start with one thing to share

Support does not have to mean taking over. It can simply mean one reliable part of the week no longer depends entirely on family.

1

Shopping & errands

A regular food shop, prescription collection or help with practical jobs.

2

Lunch & meals

Preparing food, making a drink and having company at the same time.

3

Appointments

Help getting there, getting home and keeping the day manageable.

4

Medication prompts

A familiar reminder around an agreed medication routine, where appropriate.

5

Getting out

A walk, a trip to the shops, a cafe or somewhere the person enjoys.

6

A weekly check-in

A regular familiar face, giving the family another reliable point in the week.



Want to talk through the gaps?

Tell us what you are currently doing and which part of the week feels hardest to keep covering.

0117 947 7422your-careuk.co.uk/contact-us

This guide is a practical reflection tool, not a medical assessment or a test of care eligibility. If you are worried about a sudden change in someone's health or safety, seek appropriate professional advice.