



How much are you actually doing for Mum or Dad?

Shopping. Phone calls. Appointments.
And the list you keep in your head.



MAKE THE INVISIBLE WORKLOAD VISIBLE

A printable family check to help you see what you are doing,
talk about the gaps and choose one manageable next step.



What are you quietly holding together?

01 / START WITH A NORMAL WEEK

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

Tick the things your family is covering

- ☐ 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

A useful question

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



The task is only half of it

02 / NOTICE THE MENTAL LIST TOO

Remembering, planning and waiting for news 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 appointments
- ☐ Knowing what is running low
- ☐ Waiting for calls or results
- ☐ Wondering if they have eaten
- ☐ Planning who will check in next
- ☐ Being the first person contacted

If you stopped for one week, what would happen?

Your answer can show how much the current arrangement depends on you. There is no score and no right answer.



Could this carry on for another six months?

03 / A FAMILY CHECK, NOT A CARE ASSESSMENT

Notice whether family life is becoming organised around one person always being available. Tick anything that applies.

- ☐ 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 things 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

If you were unavailable for seven days, who would do the shopping, deal with prescriptions, take the calls and notice a change?

A gap we need to talk about:



Start with one thing to share

04 / SUPPORT CAN PROTECT INDEPENDENCE

Support does not have to mean taking over. One reliable part of the week can be shared, with Mum or Dad involved in the plan.

1 Shopping & errands

A regular food shop, prescription collection or practical jobs.

2 Lunch & meals

Preparing food, making a drink and having company.

3 Appointments

Help getting there, getting home and managing the day.

4 Medication prompts

A familiar reminder around an agreed routine, where appropriate.

5 Getting out

A walk, the shops, a café or somewhere they enjoy.

6 A weekly check-in

A familiar face and another reliable point in the week.

One thing we could share this week:

Want to talk through the gaps?

Tell us which part of the week feels hardest to keep covering.

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A practical reflection tool, not a medical assessment or a test of care eligibility.