

Appendix b: Care Team Role Worksheet

Customize the assignment of tasks to your Care Team.

Role	Key Skills	Name	Responsibilities
Primary Caregiver	• Organization • Crisis Management •	•	•
Backup Caregiver	• Flexibility • Familiarity with Routines •	•	•
Medical Liaison	• Advocacy • Attention to Detail •	•	•
Emotional Support	• Active Listening • Empathy •	•	•
Household Manager	• Time management • Resourcefulness •	•	•

Responsibility suggestions:

Meal prep	Pick up prescriptions	Housework	Play music for me	Let me vent
Do laundry	Drive to appointment	Care for pet	Watch a movie w/me	Yard work
Pay bills	Help with bathing	Read to me	Keep me company	Grocery shop