



## Shepherd Center

### Support Worksheet

Everyone needs a balance between rest and responsibility. Having this balance will help you have energy to meet life's challenges. Please take this time to review ways in which you can accept help from others in order to care for yourself or the injured person.

#### Answer these questions:

Who will be the primary caregiver?	What will he/she do?
Who will be able to help out <b>a lot</b> ? (List each person)	What will each one of these people do?
Who will be able to help out <b>a little</b> ? (List each person)	What will each of these people do?

### Care Calendar

Next, review the following calendar. Fill in the names of people who are able to help you and the task they will do for you under each day that they are available. Make sure that you fill in the "Personal Time" box each day. This is your time for yourself. Remember the importance of personal time...you can use this reclaimed energy to reinvest into your family!

<b>Days of the Week</b>	<b>Personal Time</b>	<b>Name of Helper</b>	<b>To Do List</b>
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			