

Family help and task-sharing conversation sheet

Use this companion to “When one family helper has too much to do”. Tick the preparation steps, then fill in only the details you need. This is a household record, not a medical assessment.

1. Before you start

Tick an item only when you have checked it. A tick records preparation, not a safety or health result.

☐ List ordinary work.

☐ Include travel and waiting.

☐ Ask what may be shared.

☐ Choose a specific request.

☐ Ask the person directly.

☐ Agree a realistic scope.

☐ Handover current information.

☐ Discuss remaining gaps.

2. Details to keep

Family help and task-sharing conversation sheet · Date _____

Task / time involved

Help that would make a difference

Person asked / response

Agreed scope / time / limit

Handover / contact

Uncovered tasks / service to ask
