



## Monthly Home Calendar

To keep house running smoothly, many things are done repeatedly each month. For someone new to the caregiving world, remembering all the “ins and outs” and “when and where” can be intimidating! Setting up a monthly calendar with all the things that must be tended will help the caregiver stay on track. Consider color-coding the daily, weekly, monthly, quarterly and annual tasks. Make sure to put the color code on each page for easy reference. The following items are suggested for the Monthly Home Calendar:

| Daily               | Weekly              | Monthly                                 | Seasonal                           | Annual                           |
|---------------------|---------------------|---|------------------------------------|----------------------------------|
| Meals               | Trash pickup        | Bill paying                             | Monitor propane levels             | Tax filing                       |
| Caregiving          | Recycle pickup      | Change AC filter                        | Lawn care                          | HVAC inspection                  |
| Self-care           | Laundry as needed   | Check flashlight batteries              | Leaf blowing                       | Roof inspection                  |
| Laundry as needed   | Grocery pick-up     | Deeper cleaning, mopping, windows, etc. | Winterizing                        | Inspect fireplace and chimney    |
| Check mailbox       | General cleaning    |   | Holiday decorating                 | Change smoke detector batteries  |
| Pick up after meals | Water indoor plants |   | Auto maintenance                   | Change carbon monoxide batteries |
|                     |                     |   | Gutter cleaning                    |                                  |
|                     |                     |   | Check plumbing for leaks           |                                  |
|                     |                     |   | Treat rusty areas                  |                                  |
|                     |                     |   | Treat locks                        |                                  |
|                     |                     |   | Look for signs of mice and insects |                                  |

This is a partial listing and can be customized to meet care partners needs or circumstances.