



KEEPING LIFE IN BALANCE WORKSHEET

Chapter 3 of *The Complete Eldercare Planner*

With pencil in hand, draw lines to divide a piece of paper into three columns or use the form below.

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1. Write the name of your elder at the top of the first column; then write the words “Family” and “Personal Interests” above the other two columns.
2. For the next two weeks keep a list of all of the things you do for yourself and others, and record your actions in the appropriate columns. For example, if you took Mom grocery shopping put the activity in her column. If you went to the gym, put in the “Personal Interest” column, and so on.
3. At the end of the two weeks, count the number of items in each column.
4. Ask yourself:
Is your elder column out of balance with the others?

Are your family members and friends complaints justified?