

# CAREGIVER TASK BREAKDOWN



1. Task:

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2. What does this entail?

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3. What is the time commitment?

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4. What are the resources required?

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5. Am I able to take this on? (If no, skip to #7)

*Think about the resources and time involved. Do you have access to them?*

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6. Am I willing to take this?

*Think about what you would be giving up to do this task given the resources and time involved.*

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7. Who else can carry out this task?

*Think about the resources and time of those around you. Could you work on this together?*

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