

Developing a system of support

Record your address and all important phone numbers. Remember, you are preparing this for someone else to use, so they may need information that you take for granted.

On the second page, record all the activities that occur in your household. Think of everything that needs to occur in a day, a week, and a month, and a year. This is a big list; it includes dressing and personal care, carpooling kids, getting groceries, cleaning the house, your job, necessary yard work, caring for the family, cooking, taking care of pets, and getting to doctor's appointments.

Fill out the chart.

- Mark the frequency of the activity (d = daily; w = weekly; m = monthly)
- Briefly describe the activity
- Write the name and phone number of the person in your system of support who will take care of this activity if you are unable to
- Place any notes on the side.

You may add additional pages of notes – for example, special clothing or equipment that your children need for sporting practices, likes and dislikes for lunches or other meals, and so forth.

Home address

Home phone numbers

Work phone numbers.

Children's school address

Children's school phone numbers

Doctor's phone numbers

Pharmacy phone number

Allergies (for each family member)

Other phone numbers (for example, sport coaches, the veterinarian)

