Support Planner



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| **Name** | **Address** | **Contact Number** | **Contact Notes** |
|  |  |  | [e.g., Text only, No visits after 3 PM] |

**Suggestions**

* Meals dropped off
* Keeping company while carer goes out
* Taking to appointments
* Mowing lawns
* House cleaning
* Grocery shopping
* Childcare (pick-up/drop-off)
* Tech support (online forms, setting up calls)
* Running errands (prescriptions, mail)
* Laundry help
* Gardening
* Light handyman work
* Dog walking
* Emotional support (visits, phone calls, etc)

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| **Task** | **Date & Time** | **Notes** | **Supporter**  | **Phone** |
| e.g. Meal drop off |  | [e.g. Dietary needs, numbers, dislikes] |  |  |
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| **Task** | **Date & Time** | **Notes** | **Supporter** | **Phone** |
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