



*6:00am* GET BATH READY FOR DAD *6:30am* PACK LUNCH FOR THE  
KIDS *10:00am* GIVE DAD HIS MEDICINE *1:00pm* FOLD EVERYONE'S  
LAUNDRY *2:00pm* SORT DAD'S BILLS *3:30pm* PICK UP THE KIDS  
*4:20pm* TAKE DAD OUT FOR FRESH AIR *5:30pm* REMEMBER  
THE DAYS WHEN DAD TOOK CARE OF ME *6:00pm* MAKE  
DINNER *8:00pm* HELP DAD TO BED *11:00pm* FINALLY GO TO SLEEP

*Repeat*

Only those who care for others know what it's really like to care for others.  
That's why AARP created a community with experts and other caregivers  
to help us better care for ourselves and for the ones we love.

[aarp.org/caregiving](http://aarp.org/caregiving) or call 1-877-333-5885