

Sample Task List

Task	Who	When	Solution?
Garbage	Dad	Tuesday night after 5:00	Pay young adult in the neighborhood
Recycling	Dad	Every 2 weeks put out on Sunday for pickup	Pay young adult in the neighborhood
Pick up prescriptions	Mom and Dad	Every 30 days	Go to a mail subscription service and ask the doctor for a 90-day scripts
Medication management	Dad	Weekly	Me: Set up a month at a time
Insulin shots	Dad	Daily	Me: Set up 2 weeks at a time
Grocery shopping	Dad	Weekly	Set up shop from home account and pick up every 2 weeks
Clean house	Dad	Bi-Monthly	Hire service
Pay bills	Dad	Weekly	Hire a money manager
Banking reconciliation	Dad	Monthly	Me: monthly
Submit to insurance	Dad	Monthly	Hire a money manager
Schedule maintenance work for AC/generator	Dad	Quarterly	Me: Put on automatic reminder
Renew insurances	Dad	Yearly	Me: Set up calendar reminders