

Seven Day Challenge Report Card



One of your elderly parents (or grandparents, or dear friend, or child) is having severe health problems and can no longer afford home health care. You were asked to come and live with them for 2 months to help out with their day to day living and have to leave TOMORROW. Today you must help your family prepare for you to have an extended “leave of absence”. If you are single focus on getting your own affairs settled.

Today’s Goal: Teach your family knowledge and skills that depend on you

Daily Evaluation Questions (Things to Ask Yourself)

- Did your family already know how to do most of your “jobs” or was there a big learning curve for them? Were you able to pass on the necessary knowledge?
- Did you and/or your spouse fill out the financial questionnaire? What did you learn?
- If you live alone, did you think through who would take care of your home/affairs if you were to leave suddenly? Did you actually work out an arrangement?
- Do you have a family schedule/calendar? Is there an easy way to pass on that info to your family if you were unavailable? Who would do drives to lessons, school, etc.?

Daily Notes

Need to Buy:

Need to Do:

Need to Learn:
