[Graphical user interface, text, application, chat or text message

Description automatically generated](https://www.amazon.com/Complete-Eldercare-Planner-Revised-Updated-dp-0593796349/dp/0593796349/ref=dp_ob_title_bk)

**KEEPING LIFE IN BALANCE WORKSHEET**

1. With pencil in hand, draw lines to divide a piece of paper into three columns.
2. Write the name of your elder at the top of the first column; then write the words *Family* and *Personal Interests* above the other two columns.
3. For the next two weeks, keep a list of all of the things you do for yourself and others, and record your actions in the appropriate columns. For example, if you took Mom grocery shopping, put the activity in her column. If you went to the gym, put the activity in the Per­sonal Interest column, and so on.
4. At the end of the two weeks, count the number of activities in each column.
5. Ask yourself: *Is my elder column out of balance with the others? Are my family members’ and friends’ complaints justified?*