

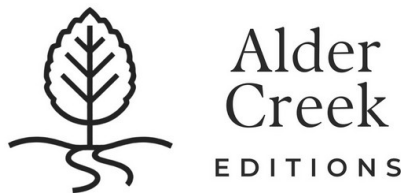
Worksheets

from

Grieving Someone Who Is Still Here

*When Someone You Love Has Progressive
Memory Loss*

Book 9 of The Sitting Room Series



About these worksheets

These are the 6 worksheets from *Grieving Someone Who Is Still Here*. Print as many copies as you need. Each one names the chapter that explains it.

The book comes in paperback and for Kindle. To find it, search for its title, or ask a bookstore or library for ISBN 979-8-952410-18-3.

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General information, not medical, legal, or financial advice. In an emergency, call 911. In a crisis, call or text 988.

From Chapter 2: Grief Before a Death

What has changed

What is still here

From Chapter 4: Keeping Yourself Going

If

I cannot be here: who
comes, and how to reach
them

**Their medicines, and where the list is
kept**

Their doctors and pharmacy

Their day: when they eat, sleep, and bathe

What upsets them, and what calms them

**Where the house keys, insurance cards,
and papers are**

From Chapter 4: Keeping Yourself Going

What I need help with,
and who could do it

What I need	Who could do it	When

From Chapter 5: The Losses Along the Way

What has
changed, and when

What changed	About when

Jobs you can take

Pick one job and keep it. A job done every week, on the same day, is worth more to a care partner than a large favor done once.

Job	How often
Stay with the person so the care partner can go out	The same afternoon every week
Pick up prescriptions and groceries	Every week
Pay the bills and handle the mail	Every week or two
Make the insurance and Medicare calls (see below)	As they come up
Take the person to medical appointments	As they come up
Stay overnight so the care partner can sleep	A set night each week or month
Mow, fix, and clean around the house	Every week or two

From Chapter 13: Taking Part of It

Who is doing what

Who	Job	When