



# CARE PLAN

Help foster parents fill this space with things they do each week. Include visitation, appointments, therapy, meetings with DCFS, household projects, etc. Include monthly and weekly items.

Use the column on the right to record which team members are willing to help with specific tasks and add in ideas that team members share.

**MON.** \_\_\_\_\_  
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**TUES.** \_\_\_\_\_  
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**WED.** \_\_\_\_\_  
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**THURS.** \_\_\_\_\_  
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**FRI.** \_\_\_\_\_  
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**SAT.** \_\_\_\_\_  
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**SUN.** \_\_\_\_\_  
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**OTHER** \_\_\_\_\_  
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## QUESTIONS TO ASK FOSTER PARENTS:

What are your **top priorities** this week?

Where could you use **extra time** in your day?

What items on your **to-do list** can we check off for you?

What household **chores or projects** can we take off your plate?

What could a parent helper **do for you today** or this week?

Which days are your **busiest** this week, and would food, errands, or help with children be best?

How can we give you and your spouse **time together** this week?

How can we give you **time for yourself** this week?

What can we do to **help you** spend less time in the car this week?

Do the foods/treats we are dropping off match your **family's dietary needs** and preferences?

What needs do the **children in your home** have that we can understand better?

Which family member needs **extra attention** or time with you or another safe adult this week?

Are there **special events or celebrations** we can help with? Can we deliver treats, drop off party supplies, or help on the day of the event?

What is the most challenging part of the day, and how can we **lighten that load**?

Would you prefer a porch drop-off or a **brief visit** when a meal (or other items) are delivered by a member of the team today?

Are there things you've **asked for help** with that we have overlooked?

Does your family need some space or more connection with **someone on the team** at this time?

What can we add to your "**wish list**" that we haven't thought of?

What does **support look like** for you today?