

CANCER EXPLAINED PRESENTS

A FILL-IN WORKSHEET

CAREGIVER RIDES AND MEALS PLAN

A one-page coordinator sheet for rides, meals, errands, and backup plans

FREE TO PRINT · PLAIN LANGUAGE · SOURCES ON THE BACK

A CANCER EXPLAINED HANDOUT · BASED ON **NCI** · UPDATED **2026-11-10**

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Caregiver Rides and Meals Plan

A one-page coordinator sheet for rides, meals, errands, and backup plans

1 Set it up

- [ ] Pick one person to coordinate rides and one for meals, so the patient is not answering every text.
- [ ] Name a backup driver for treatment days.
- [ ] Choose one place for updates, such as a group text or shared calendar.

2 Check with the patient first

- [ ] Food allergies, foods to avoid, and smells that bother them now.
- [ ] Any food safety rules from the care team.
- [ ] Visitors welcome, or drop-off at the door only?
- [ ] Best delivery times, and how much food is helpful.

3 Check with the clinic

- [ ] Where to drop off and pick up, and where to park.
- [ ] Whether the patient may drive home after treatment.
- [ ] Wheelchair or walking help at the entrance.

This week

Day	Ride there and back	Meal	Backup

THE BOTTOM LINE

Helpful caregiving is specific, scheduled, and easy for the patient to accept.

This resource is provided by:

Sources: NCI: Support for caregivers (cancer.gov/about-cancer/coping/caregiver-support)

Learn more in plain language: cancerexplained.org/nutrition/meal-planning-when-caregivers-are-helping · **Updated:** 2026-11-10

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