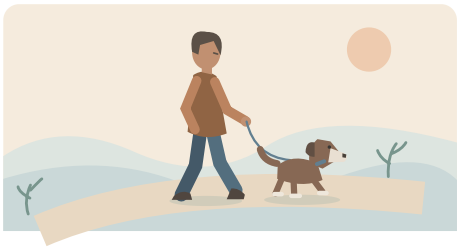
One confirmed task. One visible gap.

Illustrative household only. No real patient, author experience or treatment schedule.



EXAMPLE ONLY · Adapt the planning method to your household. These times describe helper availability, not recommended care intervals.

01 Make the request small enough to answer

> “Sam, can you wash and replace the bedding on Tuesday evening? I will keep following the individual medication plan.”

Task	Lead / acceptance	Backup / result
Bedding and supplies	Sam: Tuesday, 7–8 p.m.; accepted	Morgan: can handle supplies; no care-task training implied
Additional care while owner is unavailable	Not arranged	Gap remains open; discuss suitable coverage before relying on it

02 Record the handoff without guessing

What happened	What is still needed
Bedding replaced; clean set left in agreed place.	Next caregiver confirms receipt of the actual care instructions.
No medicine task assigned in this example.	Use the separate current prescription plan and actual-dose record.

03 Bring the difficult part into the conversation

> “I am struggling with broken sleep and cannot safely help her stand alone. What should we assess, and what care arrangement could work?”

Your version of one request you could make

An uncovered period stays uncovered until suitable help is confirmed or the arrangement changes. The example does not establish that this dog can be left alone.

Original Senior Dog Daily planning example. No clinical dose, number of visits, or safe unattended interval is specified.