

CARE WORK AT HOME





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Which tasks do you usually do at home?

PART 1

Household	
washing/hanging laundry	
ironing	
folding/putting away laundry	
making beds	
cooking	
set the table	
clear table	
doing the dishes	
maintaining shopping list	
grocery shopping	
taking out trash	
cleaning up	
vacuuming	
wiping floors	
recycling/returning glass or plastic bottles	
home decoration	
garden&balcony	
lawn mowing	
handywork (drilling)	
cleaning windows	
wiping down kitchen cabinets	
taxes	
descaling machines	
cleaning the oven, fridge, freezer	
disposing of bulky waste	
research for electricity, internet, insurance	

Daycare, school, nursing home	
research for schools/daycare/nursing home	
going to interviews for schools/daycare/nursing home	
preparing snack boxes	
driving services	
supervising homework	
preparing spare clothes	
buy and pack gym and sportswear	
get school/daycare supplies	
services at special events	
being a contact person	
participation in parent/family evenings	
visiting friends or family members in nursing home	
participation in trainings	

Clothes	
choose clothing	
dress children/care recipients	
checking sizes	
shoe size testing&shopping	
buying new clothes	
mending clothes	
giving away/selling used clothes and shoes	

Source:

<https://equalcareday.de/mental-load-work-de.pdf>

<https://equalcareday.de/wp-content/uploads/2021/02/mental-load-home-en.pdf>



Relationship

bringing kids/care recipients to bed	
wake up support	
conversations with /teenagerscare recipients	
emergency talks	
organizing couple appointments	
night shift during illness	
saving memories/photos	
maintaining contact with relatives	

Body

making doctor appointments	
escort to doctor visits	
making therapy appointments	
escort to therapy appointments	
combing hair	
brushing teeth	
cutting nails	
bath & hair washing	
helping to go to the bathroom	
sort and update medicine cabinet	
supervise medication use	

Transportation

refuelling car	
servicing bicycles	
car wash	
car checkups	
car repairs	
buying special seats for car/bike	

Birthdays and holidays

thinking of important dates	
send birthday greetings to friends/family	
getting birthday presents for friends/family	
getting gifts	
planning and executing birthday parties for friends/family	
inviting to holiday gatherings	
preparing food for holiday gatherings	
decorating home	
preparing home for guests	

Birthdays and holidays

making play dates	
afternoon activities	
entertainment/family excursions during weekend	
organize babysitter/supervisor	
caring for pets	
organizing appointments for pets	
train pets	
research for sports/clubs/leisure activities	
manage pocket money	
vacation planning	
packing for vacation	
organizing transport to vacation destination	
taking care of food for the journey	