Organise help for someone you care for



Use AI to share out the jobs fairly, and make a clear weekly plan everyone can follow.

By the end, you'll be able to:

- list the jobs and who's free
- use AI to make a fair weekly plan
- keep the person in charge, and their details private

Warm-up Have you ever helped look after someone?

Talk about it with your group. What was hardest to organise?

1 Joan's week

Joan is 84 and lives on her own. Her family and a neighbour want to help. Read the details.

MADE-UP EXAMPLE

Jobs: weekly food shop (Friday); a lift to a hospital appointment (Tuesday morning); pick up a prescription (Thursday); a phone call every day; bins out (Wednesday evening).

Helpers: Sue, her daughter, works weekdays and is free evenings and weekends. Raj, her son, works from home and doesn't drive. Tom, a neighbour, has a car and is free most mornings.

Joan says: "I still want to do my own cooking, and I'm not missing my Thursday lunch club."

2 Who could do what?

	Who?
Weekly shop (Friday)	
Lift to hospital (Tuesday morning)	
Prescription (Thursday)	
Daily phone call	
Bins out (Wednesday evening)	

3 Ask AI for a plan

If you have a device, try this prompt, then type in Joan's details. Use first names only.

TRY THIS PROMPT

Please help me make a weekly help plan for my mum, using first names only. Here are the jobs, and when each helper is free. Share the jobs fairly, put it in a table by day, and list anything nobody can cover. Mum wants to keep cooking for herself, and to go to her Thursday lunch club.

4 Check the plan

Here's part of a plan an AI might make. Find **two** problems.

EXAMPLE PLAN

Tuesday: Raj drives Mum to her hospital appointment. Wednesday: Sue puts the bins out. Thursday: Sue takes Mum to the shops at 1pm, and makes her dinner.

5 Keep Joan in charge, and private

What would you ask Joan before you share the plan?

Tick what to leave out of the AI chat.

☐ Joan's full name ☐ Her address ☐ Her medical conditions

☐ The jobs and times ☐ The helpers' first names



Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/organise-help-for-a-parent**

Teacher notes: Organise help for someone you care for

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt with Joan's details. Caring can be an emotional subject, so let learners share as much or as little as they like. Joan and her family are made up.

Running order

5 min	**Warm-up.** Experiences of helping someone.
15 min	**Parts 1 and 2.** Read Joan's week, then match helpers to jobs.
10 min	**Part 3.** Try the prompt, or read out an AI answer.
15 min	**Parts 4 and 5.** Check the plan, then privacy.
5 min	**Wrap-up.** It's the person's life: include them.

Answers: Part 2 (one way)

Shop: Sue on Friday evening, or Tom on Friday morning.
Hospital lift: Tom (he drives, and he's free in the mornings).
Prescription: Raj or Tom (it's a short trip; Raj could walk, or ask whether the pharmacy delivers).
Phone call: take turns, Raj on weekdays and Sue at weekends.
Bins: Sue (evening).

Answers: Part 4

1. Raj doesn't drive, so he can't take Joan to hospital.
2. Thursday clashes: Sue works weekdays, Joan has her lunch club, and Joan wants to do her own cooking.

Answers: Part 5

Ask Joan what help she'd actually like, and when. Leave out her full name, address and medical conditions. Jobs, times and first names are enough.

Discussion points

- In the UK, someone who looks after a relative or friend can ask their council (in Northern Ireland, their health and social care trust) for a carer's assessment, to see what support is available.

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