ABLE NEIGHBOURS

# Essential Reminder Planner

A printable, personal checklist for important home safety, maintenance, preparedness, health-related and essential deadlines. Choose only the items relevant to you.

## HOME SAFETY

☐ Test smoke alarms
☐ Test carbon monoxide alarms
☐ Review household fire escape plan
☐ Inspect fire extinguishers

## ESSENTIAL MAINTENANCE

☐ Schedule heating system service
☐ Inspect sump pump
☐ Check furnace filter
☐ Inspect plumbing for leaks

## HEALTH & WELL-BEING

☐ Important medical appointment
☐ Prescription refill deadline
☐ Renew essential medical equipment

## EMERGENCY PREPAREDNESS

☐ Review emergency supplies
☐ Check backup batteries
☐ Update household emergency plan
☐ Review emergency contact information

## CRITICAL OBLIGATIONS

☐ Insurance renewal
☐ Important document expiration
☐ Essential payment or renewal deadline

## How to use this planner

Mark relevant tasks, choose dates based on your circumstances and applicable guidance, then record them on the next page. This printable planner does not send notifications.

Privacy tip: Keep this paper somewhere secure. Avoid recording detailed medical or financial information.

# My Essential Reminder Schedule

Write down important tasks and review this page regularly. Use the “advance check” column to plan when to look ahead.

| Essential task | Due date | Repeat | Advance check | Done |
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## Notes / additional important tasks

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Important: This is a personal planning aid, not emergency monitoring or a guaranteed medical or safety alert service. Follow professional guidance where appropriate.