



As a caregiver, you may need to assist with managing money and finances for the person you are caring for. This worksheet can help with budgeting. It will help track income, fixed costs, and variable expenses. It also helps set aside savings for goals and emergencies. Fill out each section to create a balanced monthly budget.

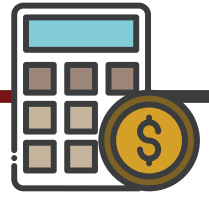
Monthly Income

List all sources of income received each month.

Source	Income #1	Income #2	Total
Salary/Wages			
Social Security			
Pension Benefit			
Veteran's Pension			
Property Income			
Government Assistance			
Other _____			

Total Monthly Income: _____

Notes: _____



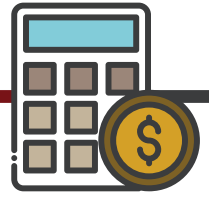
Monthly Expenses

List all expense items each month. Fixed expenses remain the same each month. Flexible expenses may change each month. Estimate the average cost.

Expense Item	Fixed Expenses	Flexible Expenses	Total Expenses
Rent or Mortgage			
Insurance (renter's or homeowner's)			
Utilities (electricity, gas, water)			
Internet, phone, cable			
Other housing expenses (property taxes or condo fees)			
Groceries and household supplies			
Dining			
Other food expenses			
Health coverage			
Prescriptions			
Copays			
Other health expenses			
Public transportation			
Taxis, rideshares			
Gas for car			
Parking and tolls			

Budget Worksheet

PA CareKit



Expense Item	Fixed Expenses	Flexible Expenses	Total Expenses
Car maintenance			
Car insurance			
Car payment			
Other transportation expenses			
Childcare (daycare or babysitting)			
Clothing and shoes			
Entertainment			
Travel			
Fitness membership			
Other personal and family expenses			
Bank account or credit card fees			
Credit card or debt payments			
Savings deposits			
Investment contributions			
Other expenses			

Total Monthly Expenses: _____



Monthly Balance

Now that you have recorded your income and expenses, it's time to combine them to find your monthly balance. Subtract both your fixed and flexible expenses from your total income. Is your income more than your expenses? Then you have money left to save. Are your expenses more than your income?

Look at your budget to find expenses to cut to account for the shortfall.

$$\text{\$ (Income)} - \text{\$ (Expenses)} = \text{\$ (Monthly Balance)}$$

- ☐ Add Total Monthly Income
- ☐ Subtract Total Monthly Expenses
- ☐ Solve for Monthly Balance

Notes: _____
