

Helping: What Can I Offer to Do? My Time and Availability

- Help with children
 Pick up or carpool
 Child-focused time
 Lunches
 Babysitting
 Other

- Eldercare
 Company for elder
 Personal care
 Reading/TV time
 Other

- Health/personal care
 Exercising/walking
 Nail care
 Shampoo/haircut
 Massages
 Other

- Resource/delegating
 Medicare/Medicaid/
 Insurance
 Track MD visits
 Staying in touch
 Finding options
 Other

- Meals
 Grocery shopping
 Cooking (delivering?)
 Helping with eating
 Dishes
 Other

- Financial
 Bill/mail sorting
 Balancing statements
 Insurance papers
 Paying/tracking bills

- Household chores
 Light house cleaning
 Windows/floors
 Cleaning refrigerator
 Laundry
 Other

Name: _____

Address: _____

Phone: _____ Email: _____

Availability: What are the best days and times for giving help?

Time/Day	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Mornings							
Afternoons							
Evenings							
Varies							

- Pets and plants
 Feeding and exercising
 Watering and trimming
 Mowing/trimming/raking
 Other

- Telephone
 Calling to check in
 Medication reminders
 Telephone tree
 Othe

- Reading/writing
 Recording life story
 Reading books/papers
 Letters/cards/mail
 Other

- Home repair
 Painting
 Closet/garage
 Moving
 Installing grab bars
 Other

- Transportation
 To and from MD visits
 Shopping and errands
 Car maintenance
 Other

- Medical
 Preparing for visits
 Accompanying
 Tracking details
 Other

- Medications
 Remembering
 Procuring
 Coordinating
 Tracking
 Other

- Friendly companionship
 Social outings
 Visits in hospitals
 Talking/visiting
 Personal shopping