Help: What Can I Offer?

We all need to help others. Most of us like to ... as long as we're not asked for, or offering to do, too much. Only we can decide what to offer to whom, how, and when. Think of what you like to offer. Keep the list handy so when you are asked or feel drawn to assist you do so with a freedom of choice. Having limits is yours to do, and saying "no" is sometimes the best you can do.

Pick up or carpool Laundry Tracking Child-focused time Other Lunches Pets and plants Babysitting Feeding and exercising	Name:		
Availability: Best days and times for?	Address:		
Help with children Cleaning refrigerator Coordinating _Pick up or carpool Laundry Tracking _Child-focused time Other Other Lunches Pets and plants Other Babysitting Feeding and exercising	Phone:	Email:	
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	Reading/TV time		
Health/personal care Other Exercising/walking	Other	Medication reminders	
Exercising/walking Nail care		Telephone tree	
Nail care	Health/personal care	Other	
Shampoo/haircut	Exercising/walking		
Massages Reading/writing Other Recording life story Reading books/papers	Nail care		
	Shampoo/haircut		
	Massages	Reading/writing	
Resource/delegating Letters/cards/mail Medicare/Medicaid/ Other Insurance	Other	Recording life story	
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