



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.



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Name: _____

Address: _____

Phone: _____ Email: _____

Availability: Best days and times for? _____

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

Pets and plants

- ☐ Feeding and exercising
- ☐ Watering and trimming
- ☐ Mowing/trimming/raking
- ☐ Other

Telephone

- ☐ Calling to check in
- ☐ Medication reminders
- ☐ Telephone tree
- ☐ Other

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

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