



Help: What I Might Want

Receiving assistance can be more difficult than we think. What things might I consider having someone help me with? Who might I be willing to allow/ invite to provide this help?

Help with children

- ☐ Pick up or carpool
- ☐ Child-focused time
- ☐ Lunches
- ☐ Babysitting
- ☐ Other

Home repair

- ☐ Painting
- ☐ Closet/garage
- ☐ Moving
- ☐ Installing grab bars
- ☐ Other

Reading/writing

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

Eldercare

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

Transportation

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

Medications

- ☐ Remembering
- ☐ Procuring
- ☐ Coordinating
- ☐ Tracking
- ☐ Other

Health/personal care

- ☐ Exercising/walking
- ☐ Nail care
- ☐ Shampoo/haircut
- ☐ Massages
- ☐ Other

Medical

- ☐ Preparing for visits
- ☐ Accompanying
- ☐ Tracking details
- ☐ Other

Friendly companionship

- ☐ Social outings
- ☐ Visits in hospitals
- ☐ Talking/visiting
- ☐ Personal shopping
- ☐ Other

Financial

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

Resource/delegating

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

Household chores

- ☐ Light house cleaning
- ☐ Windows/floors
- ☐ Cleaning refrigerator
- ☐ Laundry
- ☐ Other

Meals

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

Pets and plants

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

Telephone

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



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